

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E

Our Secret Rainier

West Boundary Trail - PAGE 18

Helicopter Rescue

a Story of Survival - PAGE 20

Paddling a Kayak Dream

from Coast to Coast - PAGE 23



tableofcontents

Mar/Apr 2014 » Volume 108 » Number 2

Enriching the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.



- 15 **Racing the Wind**
with The Mountaineers
- 16 **Teaching the Natural World**
to a "City Girl"
- 20 **Helicopter Rescue**
a Story of Survival
- 23 **Paddling a Kayak Dream**
from Coast to Coast
- 6 IMPACT GIVING**
Peter Hendrickson and Nancy Temkin Navigating Giving
- 8 OUTDOOR EDUCATION**
Think Summer and Summer Camp
- 10 MEMBER HIGHLIGHT**
Katherine Hollis and her 10 essential answers
- 11 CONSERVATION CURRENTS**
Behind the Scenes in Protecting the Outdoors
- 12 NATURE'S WAY**
From the Shrub-Steppe to the Salish
- 18 OUR SECRET RAINIER**
West Boundary Trail: Two Scrambles and a Hike
- 28 RETRO REWIND**
Pat Goldsworthy Creates a Future of Conservation



Mountaineer magazine would like to thank **The Mountaineers Foundation** for its financial assistance. The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various nonprofit organizations.

Mountaineer uses . . .



DISCOVER THE MOUNTAINEERS

If you are thinking of joining—or have joined and aren't sure where to start—why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine (page 32) for times and locations of informational meetings at each of our seven branches.

on the cover: Everett Mountaineer sea kayaker Donna Garland makes her way back from Jones Island to Friday Harbor on San Juan Island, WA.

photographer: Daniel Hale, danielhalephotography.com

A Lifetime of Adventure



For me, January is a time of reflection – reflection on the ups and downs of the previous year, and goals and aspirations for the next. This year has been one of great change and adjustment. Our family has grown from 3 to 4, as we welcomed another wonderful addition to our family – my daughter Annika. Along with her comes a new set of eyes to introduce the world of the outdoors to, and a new set of schedules in order to get there.

My husband and I used to ski 30 or more days a year. Every vacation was organized around an outdoor adventure. Things have changed quite a bit for us in the last few years. Saturday early

morning ski days are replaced with sleepless nights and playground duty. Mid-way through January, my 3 year old son went into our garage and came back into the house carrying one of my skis. “Mommy? When can I use these?” That same week my husband and I realized we had a completely free weekend ahead of us – a rarity in our household. We looked at each other... could we? Would we? *Yes! Let's!* Quickly, we booked a weekend in Leavenworth and made plans to take our son skiing for the first time.

There was no snow, but we had a blast. We rented toddler skis and found the Leavenworth ski hill (in downtown Leavenworth) where the friendly staff person let us carry Lincoln up a slight incline with his rental skis and “ski” down. He loved it. The sun was shining, the air was fresh, and there was hot chocolate. In fact we had to coax him off the hill for nap time after several hours of playing. The experience inspired me, and for the first time in over a year and a half I got a sitter and went skiing at Crystal with some friends. It was my first visit to Crystal since I moved to the Pacific Northwest 4 years ago. I was struck by the parallels between my experience and my son's. A bluebird day, amazing views of Mount Rainier, Adams, St. Helens, and the exhilaration of skiing downhill at top speed. I'd forgotten how wonderful this was and I felt like a beginner as I discovered it again.

All of this made me grateful for the work we do at The Mountaineers. We provide outdoor experiences for a lifetime of adventure. If you can dedicate 30 plus days to climbing and skiing, we can train you on safe outdoor skills that will take you to your next objective. But if you need to accommodate life circumstances - whatever they may be - we still have opportunities to get you outside and allow you to challenge yourself. You don't have to be a hard 5.12 climber or ultra marathoner to experience the exhilaration and renewal of the outdoors. You just have to be willing to make plans (sometimes last-minute), maybe grab a sitter, lace up your boots, strap on your skis and go outside.

So in this New Year, I'd like to thank The Mountaineers staff, volunteers, members for their passion and dedication to a community committed to getting everyone outside, at every stage of their life.

Martinique Grigg

Martinique Grigg, Executive Director



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

BOARD OF DIRECTORS

OFFICERS

President Dan Lauren, 2014-16
 President-Elect Kara Stone, 2014-16
 Immed Past President Gavin Woody, 2014-16
 VP Outdoor Centers Geoff Lawrence, 2014-16
 VP Publishing Eric Linxweiler, 2014-16
 Treasurer Steve McClure, 2014-16
 Secretary Evy Dudey, 2014-16

DIRECTORS AT LARGE

Lorna Corrigan, 2011-14
 Rich Draves, 2011-14
 Lee Fromson, 2013-16
 Chloe Harford, 2012-15
 John Ohlson, 2013-16
 Leah Schulz, 2012-15
 Matt Sullivan, 2013-16
 Tom Varga, 2012-15
 Gene Yore, 2011-14

BRANCH DIRECTORS

Ken Small, Bellingham
 Harlan Brown, Everett
 Cheryl Talbert, Foothills
 Vern Brown, Kitsap
 Henry Romer, Olympia
 Bill Deters, Seattle
 Jim Feltus, Tacoma

EXECUTIVE DIRECTOR

Martinique Grigg

EXECUTIVE PUBLISHER

Helen Cherullo

DIRECTOR OF DEVELOPMENT

AND COMMUNICATIONS

Mary Hsue

PUBLICATIONS MANAGER

Suzanne Gerber

PROOFREADERS

Kristina Ciari, Evy Dudey, Polly Freeman

PHOTOGRAPHERS

Dave Fend, Nate Hakken, Daniel Hale,
 Karen Johanson, Tim Nair, Craig Romano,
 Doug Schurman, Andy Stepniewski, Gordie
 Swartzman, Dave Todd

The *Mountaineer* (ISSN 0027-2620) is published bimonthly by The Mountaineers, 7700 Sand Point Way NE, Seattle, WA 98115. 206-521-6000; 206-523-6763 fax.

Members receive a subscription as part of their annual dues. Non-member subscriptions to the *Mountaineer* are \$32. Periodicals postage paid at Seattle, WA and additional mailing offices.

Postmaster: Send address changes to the *Mountaineer*, 7700 Sand Point Way NE, Seattle, WA 98115.

Opinions expressed in articles are those of the authors and do not necessarily represent the views of The Mountaineers.



Darcy Kiefel

Suzanne Gerber,
Publications Manager

suzanneg@mountaineers.org

Mountaineer Magazine 2014 Advisory Board

Rena Chinn
Monica Gussow
Peter Hendrickson
Craig Romano
Lowell Skoog
Cheryl Talbert
Emily White

Mountaineer January/February 2014
corrections and comments:
cover - Safety first: Remember to wear
a helmet when backcountry skiing

A Culture of Volunteerism

I always knew The Mountaineers had wonderful volunteers – after all, I'm one of them. But having attended the Volunteer Appreciation Dinner, and hearing the stories and contributions of the winners (see list below), I was left in awe at how much people devote to this organization. Over 200 attended, and yet I know that's only one-tenth of our total volunteers.

In this issue, you'll read about an ambitious group of student sailors who took on the yearly NW Catalina Regatta sailing race - their first time on a sailboat. Yes, it's a true story.

Speaking of true stories, the feature on Helicopter Rescues is one you won't want to miss. From rescuee to rescuer, Miles McDonough is interviewed for this compelling article that will make you appreciate and admire all that helicopter rescuers do to save lives.

You will also get a chance to go on a secret hike and two scrambles of Mt. Rainier in our fifth installment of Mickey Eisenburg and Gene Yore's *Secret Rainier*.

We have a feature on sea kayaking, written by a member, volunteer and sea kayak instructor who moved all the way to Seattle (from the East Coast) just to enjoy this beloved sport.

With the positive feedback we've received on personal stories, we have another highlighted

member – one who recently joined our staff to head our Conservation efforts. We have a featured donor as well – Peter Hendrickson, who you can see on the list to the left has also offered to serve on a newly-formed magazine advisory board.

And as you'll read on the next page, we've decided to give those members who aren't peak-baggers a chance at the *I'm Where*. Following each issue, we'll have a trip report for the previous issue's *I'm Where* so other members can experience these places too.

The most exciting thing for me as I continue working here is connecting to the amazing people of The Mountaineers. Our resurrected Patrol Race in February was history in the making. Both the winning team, "R&Ski" and the runner-up, "Big Mountain Nordic Skis" skied from Stevens to Snoqualmie in less than eight hours.

With the help of everyone here, from those making history to those writing it, I am given the honor of capturing them in this publication to share.

Suzanne Gerber, Publications Manager

Volunteer Appreciation Award Winners

MOUNTAINEERS-WIDE AWARDS

2012 - 2013 Leader of the Year
Bill Ashby, Seattle Branch member

2012 Service Award
Geoff Lawrence, Tacoma Branch member

2013 Service Award
Dave Shema, Seattle Branch member

BRANCH AWARDS

Bellingham - Minda Paul

Everett - Matt Vadnal

Foothills - Cheryl Talbert

Olympia - Mike Kretzler

Seattle - John Ohlson

Tacoma - Amy Mann

Outdoor Centers - Tom Hansen of Stevens Lodge

March 6: Seattle
The Mountaineers
Program Center

March 8: Olympia
Capitol Theatre

radicalreels.com

I'm where?

Can you identify the location in the foreground?

Send your answer to Suzanne by the first of April: suzanneg@mountaineers.org.

If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column.

In case of a tie, one winner will be chosen at random. Each month we'll publish a new mystery landmark and identification of the previous one.

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.

Adventurer? Please send in your trip photographs for possible publication as a mystery location! (see email address above)

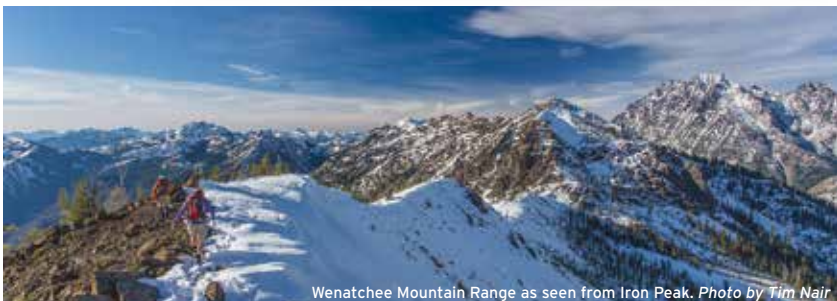
Chad Straub, Chris Pribbernow and Dean Taylor were able to correctly identify Iron Peak in the January/February *Mountaineer*. Chad's name was chosen at random for the winner. The photo was taken by Tim Nair.



Last issue's 'I'm where?' Trip Report: Iron Peak



Iron Peak with Tim Nair, Masako Nair, Kathleen O'Brien and Mike Moodi. Photo by Tim Nair



Wenatchee Mountain Range as seen from Iron Peak. Photo by Tim Nair

Iron Peak is an 8 mi roundtrip Teanaway area scramble with 3,300 ft in elevation gain. From the top, one can view Mount Stuart and the Wenatchee Mountain Range.

Approach/Climb: This scramble starts from the De Roux campground and heads up to a ridge east of North Fork Teanaway River. Locate Trail 1399 from the road and follow the trail parallelling Eldorado Creek on the right. Reach a saddle on the ridge at 6,100 ft and 3 mi. From here head south along the broad ridge for about .5 mi to the summit at 6,519 ft.

Descent: Retrace your route back to the car. Alternatively, one can leave a car parked at the Beverly Turnpike trailhead (Trail 1391) and descend to that trailhead continuing on Trail 1399 passing Bill Peak to the north side of the trail.

Activity Type: Scramble

Difficulty: Strenuous 3, Technical 1

Seasons: May – November

Distance (round trip): 8.0 mi

Elevation Gain: 3,300 ft

High Point: 6,519 ft

Parking Permit Required: Northwest Forest Pass

impactgiving

Names Peter Hendrickson and Nancy Temkin
Hometowns Peter is from Brewer, Maine;
Nancy is from Waterbury, Connecticut
Member Since Peter joined in 2005; Nancy joined
in 1977 and rejoined in 2005
Occupations Owners of Union Hill Grassfed Beef.

Peter is a retired assessment and research administrator for the Everett School District who teaches graduate classes for teachers. A former school principal, his first career was in print and broadcast journalism. Nancy, a biostatistician, is a UW Professor conducting Traumatic Brain Injury research.



Photo courtesy of Peter Hendrickson

Navigating One's Way through Giving

By Mary Hsue, Director of Development

It's 8pm on a rainy Monday night. The perfect time to be indoors for a Basic Navigation Workshop. A record 90 students have shown up to learn navigation skills from 34 volunteers. And overseeing it all is Peter Hendrickson, Navigation Committee Chair. Walking between tables, quietly observing and stopping to course correct a student, or provide words of encouragement, Hendrickson is in his element.

Volunteers and Donors

This reads like an opening for a volunteer spotlight, but it's so much more. Peter and his wife, Nancy Temkin, are both volunteers and donors. Did I mention that Nancy was there supporting Peter as one of his instructors? Lovely wife AND wonderful husband as Peter supports Nancy by reviewing and editing her research papers. Peter has joined her as a volunteer Traumatic Brain Injury researcher on a long-term Latin American study.

Peter was introduced to the outdoors at an early age through the Boy Scouts. He advanced through the ranks to achieve his Eagle Scout award. "Scouting grows outdoors leaders and lifelong conservationists," the former Scoutmaster noted. Nancy's experience in the mountains began in the Colorado Rockies during a post-doctorate position and she joined The Mountaineers with her late husband in the 70's.

They are both Scramble, MOFA and Navigation graduates who enjoy long-distance treks, scrambles and Nordic skiing in the Cascades, Alps, Andes and across the world. They paddle and sail in the Puget Sound and New England. "If we're not in the garden or pasture, we're likely near Snoqualmie Pass."

Nearly 60 years of volunteering introduced Peter to wonderful folks – fellow volunteers and those he has volunteered for. "There have been terrific opportunities to lead, to follow and to learn." He goes on to say, "I can't imagine a life without service." Nancy was introduced to volunteering early in life. "It's a natural thing to do," she says. "Working with the Mountaineers and introducing people to new skills is a real pleasure."

Peter turned 70½ in 2013 and chose to make a qualified charitable distribution to satisfy a required minimum

distribution from his IRA. "Nancy and I put a lot of thought into which organizations we would support and if we would do the most good by investing the total distribution or splitting the contribution," he said. "We chose to support youth programs at The Mountaineers because I've worked with kids most of my life and many of our children teach or serve kids and their families from diverse communities."

Peter and Nancy are particularly concerned about the children who don't or can't find their way beyond tough circumstances. Peter says "The Mountaineers is making a tremendous effort to engage with underserved, minority youth populations. The unique quality of these programs provides youth with challenging experiences that inspire growth." They make a point of supporting a few organizations every year, including several social and

humanitarian agencies, religious organizations, and the Brain Injury Association of Washington, but this is the largest gift they have ever made.

Peter and Nancy give with the hope of making a difference in kids' lives - especially minority youth and hopefully families. "We'd like them to experience some of the same joy we find on the water, along a long trail, and high in the mountains. And we'd like them to discover in themselves the strength and skills to prevail in difficult circumstances." Having lived and worked all over the world, they find that, "The Pacific Northwest is without equal in the range of outdoor pursuits and they should be open to the wider community." With their gifts of time and generous financial contributions, Peter and Nancy are helping The Mountaineers do just that. And we are truly grateful.

Seeing the World From The Water: Meditations on Kayaking

by Laura Prendergast

One of the more inspiring reasons to get on the water is, simply stated, to change perspective. Time moves differently. Light behaves in new ways. Water is a different medium and there is something both liberating and relaxing about it. I often sigh as soon as I push away from shore. It's easy to let logistics rule life. I feel it even as I am preparing for an extended trip or just getting ready to paddle to work. Lists are running through my head of things to bring, responsibilities to tend to and phone calls to make.

When I feel my body no longer supported by my own legs but cradled in the cockpit of my kayak, gently bobbing, I can't help but feel what effect that shift in medium has on my whole being. First comes the sigh. The letting go of all that's on shore. Can't make phone calls now. I'm on the water and my phone is safely tucked in a dry bag in my hatch or, more ideally, left at home. It's hard not to relax when surrounded by a medium that is defined by Webster as "flowing freely."

What generally follows the post-launch sigh is a feeling of glee combined with enthusiasm. That's usually when I take off paddling in an unpremeditated direction. Then I pause, consider which route I'll take, and eventually find my stride. The rhythmic dance of a paddle dipping on either side of the vessel creates little eddies of water and light. Soon I forget my upper body is even moving. The craft is in motion and I feel quieted by my surroundings. The irony of slowing down while in motion does not escape my thoughts. My body is active and therefore appeased while my mind can relax and contemplate my surroundings. Reflections of trees or clouds on the surface of water and other details that might go unnoticed on land, where the mind is usually so busy and the body is waiting to be used, suddenly stand out. I'm sure some people experience the inverse of that equation, and perhaps kayaking means something different for them.



Sunrise breaking through fog. Photo by Daniel Hale

But one thing I hear consistently from many paddlers is that time moves differently on the water. I personally find I'm not as obsessed with time efficiency and attempting to squeeze it all in. I can only go as fast as my upper body will take me. Hours can escape without my knowing.

It's usually at this point in my philosophical reveries that a surfacing porpoise breaks my meditative state. I'm reminded that the world underneath me is alive and my perspective is shifted yet again. I love that about paddling; the way it shifts my view of the world. Physically, one has to surrender balance to the flow of water. It's not concrete and requires subtle shifts and adjustments, resulting in a kind of dynamic fluidity. It also puts your perspective right at the surface, bridging two worlds - the underwater world and the dry world above. Traveling along this transitional line is an exciting path. Seals peak up, curious what's happening above. I look down, perplexed by all that's happening below.

When I'm paddling, even in familiar places, I can't help but feel like I'm experiencing the world with fresh eyes.

Laura Prendergast is a Pygmy Boats Marketing Director & Fan. When not in the office, she enjoys being outside and on the water. To learn more about Laura and Pygmy Boats, visit www.pygmyboats.com.



A summer camp participant safely making fire as a counselor watches. Photo by Nate Hakken

Think Summer

By Becca Polgase, Director of Education

As we spend our weekends getting the most out of the late-arriving winter, all of us are starting to dream about the summer, making plans for adventures and conditioning for them now. The climbing gyms are packed and the nearby trails are full of snowshoers. Soon many of us will be heading out to Vantage for some early season climbing.

Mountaineers youth are no exception. While our teens are skiing, snowshoeing and sleeping in snow caves on the weekends, they're spending plenty of time mid-week diligently planning summer trips - a backpacking trip on the Wonderland Trail, a week-long climbing adventure in the North Cascades, and a long list of local hikes, crag days and paddles. Our pre-teen Explorers are gearing up for hikes and overnight camping trips. Our Mountain Workshops are transitioning from indoor skill-building to outdoor climbing and hiking. And, our Junior Mountaineers Camps are open for registration!

This summer, we're excited to offer six weeks of Junior Mountaineers Camp in Seattle and four weeks in Tacoma. We'll also offer 2 weeks of Kitsap Forest Adventure Camp at our Kitsap Property. And, thanks to generous funding from REI, The Mountaineers Foundation and many private donors, this

year we are able to offer two weeks of camp that are specially designed for our Mountain Workshops partners. Youth who come to us several times throughout the year with Hope Place Shelter and Brettler Family Place will have a chance to enjoy a week-long Junior Mountaineers Camp. They'll build on skills learned throughout the year, and have a chance to put those skills to use on field trips that take them out of the city and into the mountains.

Registration is open and fills up fast. See the next page for 2014 summer camp schedule and dates for Seattle, Tacoma and Kitsap.

Want to volunteer? We are proud to carry the Mountaineers volunteer legacy into our youth programs, which are all instructed by volunteers. Each of the programs listed above is in need of volunteers for everything from belaying to advanced climbing instruction, teaching first aid, leading hikes. More than ever, American youth desperately need caring adult mentors to help them get outside. Whether you have two hours or many days to give, our youth will benefit from your mentorship and become inspired to give back. Contact info@mountaineers.org to learn more.

2014 Summer Camp Schedule

Seattle

July 7-11 - Survivor Week

July 14-18 - Water Week

July 21-25 - Ropes & Rocks Week

July 28-Aug 1 - Mountains Week

Aug 4-8 - Water Week

Aug 11-15 - Wilderness Discovery Week

Tacoma

July 21-25 - Rock Week

July 28-Aug 1 - Water Week

Aug 4-8 - Volcano Week

Aug 11-15 - Olympics Week

Kistap

July 7-11 - Artistic Adventure Week

July 14-18 - Wildlife Adventure Week

Our summer camps fill up very quickly:

Some sessions fill by April 1. Be sure to log on to www.mountaineers.org and reserve your spot.



Summer camp rope activity. Photo by Nate Hakken

membershipmatters

did you know?

We have 15 Pinterest Boards
where we post about our history,
books, and favorite ways to get outside

Our *growing*
community is
10,400
members strong

Our **youth programs** have increased **80%** in the last **12 months**

amazing
volunteers
make everything
we do **possible**

We're working on a new website
& you're going to *love it!*

member high- light

ten essential
questions

Name Katherine Hollis
Hometown Winston-Salem, NC
Member Since 2013
Occupation Conservation and Responsible Recreation Manager, The Mountaineers
Favorite Activities climbing, skiing, mountaineering, hiking, paddling - get me out there!



photo courtesy of Katherine Hollis

For each issue, we'll interview a member of our outdoor community to ask 10 Essential Questions. This month we spoke with Katherine Hollis, a new member of our team.
-Kristina Ciari, Marketing & Membership Manager

What first interested you in conservation?

I credit my parents, who had me out hiking and camping at a very young age. This early connection with the outdoors has influenced my life in so many ways: I am truly an example of someone who has benefited from the physical, emotional and social benefits of an active, outdoor lifestyle and from there made the connection to conservation. As a child, I remember wondering why the creek we were hiking along was foamy and hated arriving at campsites littered with garbage. Though lucky to have been instilled with wilderness ethics from a young age, it took me a while to understand what conservation means and looks like. When I heard 'conservation' I thought of hardline, no human impact or access to lands and waterways, which didn't resonate with me at all - spending time in the outdoors was foundational to me as a person. As I spent increasingly more time recreating on public lands in college and afterwards, I learned that conservation is about responsible use of natural resources, for current and future use and enjoyment. As outdoor recreationalists we are uniquely positioned to protect the places that inspire, excite and challenge us.

What excites you the most about working with The Mountaineers?

Quite simply, our members and our legacy here in the Pacific Northwest. So many of our members engage with nature through human-powered recreation: they are climbers, hikers, paddlers, scramblers, and, well, Mountaineers! I'm stepping into 100 years of passionate outdoors people, with a strong history of engaging in conservation. I'm honored to be taking this legacy forward. The Mountaineers are uniquely positioned

at the confluence of conservation and responsible recreation, and I'm excited to provide opportunities for our members to become conservationists and advocates for the lands and waters that are important to them.

What's the first big project you're taking on?

I am evaluating our conservation and responsible recreation programming. This will allow me to set a strategic agenda for the next few years. The focus will be on engaging those would-be conservationists who want to ensure that future generations can enjoy the wilderness as much as they do, but aren't sure where to start.

Who/What inspires you?

The great outdoors. Spending time in nature opens my soul.

What does adventure mean to you?

Adventure is when I'm out of my comfort zone and getting into my stretch zone. From working a climbing route to traveling internationally, you only grow when you are being stretched!

Lightning round!

Sunrise or sunset? Sunset.

Superpower? Obscure languages, like Kyrgyz and Pa-O.

Smile or game face? Smile.

Post-adventure meal of choice? If it's been a multi-day adventure, I crave freshies that I didn't have when out there like salad or ice cream.

If you could be a rockstar at any outdoor activity overnight, what would it be? Skiing.

Behind the Scenes in Protecting the Outdoors

By Martinique Grigg, Executive Director

Over a year ago, I found myself huffing and puffing my way up Mt. Si with my son on my back. I was training for a climb of Mt. Rainier and while my son was just the right training weight, I hadn't anticipated all the wiggling and rest stops my cargo would require. But we had a wonderful day and I was struck by how lucky we are to have such a great conditioning hike so close to Seattle – one that I could complete in between my son's naps and enjoy with my young family while experiencing a thigh burning workout with incredible views.

As I started the hike, I was startled to see a Washington Wildlife and Recreation Program (WWRP) sign. I had just joined the Washington Wildlife and Recreation Coalition Board (WWRC) as part of The Mountaineers commitment to conservation and I was surprised to learn that Mt. Si had been preserved by funds from WWRP. When I was approached to join the board, I was intimidated by the inscrutable acronyms and an impressive board of over 70 bi-partisan organizations. With a staff of only seven people, this small but mighty organization was instrumental in securing funding for not just Mt. Si but many of the recreation areas that we enjoy on a regular basis.

Founded in 1989 by Governors Dan Evans and Mike Lowry, the Coalition created the Washington Wildlife and Recreation Program (WWRP), a state grant program. WWRP is funded from the state capital budget and the funds are administered by an independent agency which protects the integrity of the application and evaluation process to ensure that highest-need projects are prioritized for funding.

The Preservation of Washington's Favorites

One of the first projects funded by the WWRP was the preservation of Mount Si, which remains one of King County's most popular hiking trails. Since then, the Coalition has championed protection for icons like Mount Rainier and Mount St. Helens as well as the spaces beloved by communities across the state – whether it's Dabob Bay on the Olympic Peninsula or Peshastin Pinnacles in Eastern Washington. These efforts have protected and enhanced more than 1,200 trails, wildlife habitat areas, state and local parks, waterways, and working farms, touching every one of our 39 counties.

Over the past three years that I've spent on the board of WWRC, I've visited Olympia several times to meet with our state legislators to ensure support for WWRP. Our elected officials are always surprised to learn of WWRP's impact and how many of our members enjoy recreation on lands protected by WWRP funds. The breadth and diversity of our coalition allows us to attract bi-partisan support and coalition members work together to show that conservation requires a nuanced approach, recognizing that the environment, outdoor recreation, and Washington's economy are inextricably linked.



Martinique at the base of Mount Si. Photo courtesy of Martinique Grigg

Partnerships for Future Protection

Protecting the outdoors for future generations is a tough fight. It would not be successful without partnerships between all interest groups – from hikers, climbers, and environmentalists to business owners and families. The Mountaineers have had the pleasure to work with the Coalition and its 280-plus members to give a voice to Washington's expansive conservation community.

I sometimes ask myself what would happen if WWRP had never existed? It's often the little known groups like them that are instrumental in protecting resources and funding for the green spaces that we love.

Want to get involved? The Mountaineers offers many opportunities to help protect wilderness of the NW. Email Katherine Hollis, our Conservation and Responsible Recreation Manager, at katherineh@mountaineers.org or find out more at www.mountaineers.org/stewardship.



Ferruginous Hawk. Photo by Doug Schurman

Shrub-Steppe Explorations

By Joan E. Miller

It's so easy, living in the cool, moist Pacific Northwest, to be completely oblivious to the opposite world on the other side of the Cascades. In the west, we seldom are far from water. In the east, water is scarce and precious. Think high desert; think sagebrush. The landscape not only looks completely different, it is completely different, down to the soil.

"The shrub-steppe is a high desert biome that has a unique assemblage of plants and animals," explains Andy Stepniewski, birder, author, and naturalist. He is the author of *The Birds of Yakima County, Washington* and writes a monthly nature column called *Wildlife Moment* for the *Yakima Herald-Republic*. Andy first came upon the shrub-steppe landscape in the early 70s. As he tells it, he was driving east toward Yakima, when he crested a ridge near the Yakima Training Center. "I was astonished. I thought, 'this is Washington?' It was July, gray and dry as far as you could see." That 'sagebrush sea' does appear gray and lifeless much of the year.

In the middle of summer, when the sun is baking everything underfoot, the land looks bleak, parched as tinder. But venture out in the spring, "it's transformed," Andy says. "It's full of life." Wildflowers spring from dormancy and shrubs sport new growth. Birds and other wildlife also return to find nourishment.

A Closer Look

The shrub-steppe is a complex ecosystem that invites closer study. You have to get out, walk among the rocks and plants, feel and smell the plants, and even get down on your knees to examine the flowers, lichens, and mosses. It's characterized as a natural grassland with shrubs. The dominant components are shrubs, including sagebrush, rabbitbrush, greasewood, and bitterbrush, and steppe, consisting of perennial bunchgrasses. Wildflowers, such as phlox, mariposa lily, yarrow, balsamroot and desert parsley, grow between the shrubs and grasses.

Soil depth and slight variations in elevation and moisture dictate what grows where – but drought, fire and wind are the big shapers of the community. Animals living here include ground squirrels, jackrabbits, badgers, yellow-bellied marmots, coyotes, mule deer, Rocky Mountain elk, and rattlesnakes. Birds

include "gray" birds such as Sage and Brewer's Sparrows, Sage Thrasher, and Loggerhead Shrike. Open areas boast Sandhill Crane, Swainson's Hawk, American Kestrel, Burrowing Owl, and Long-billed Curlew. Wetlands come alive with a colorful cast such as Black-necked Stilt, American Avocet, Yellow-headed Blackbird, and American White Pelican. "We still have a few Ferruginous Hawks," says Andy. But their declining population indicates that the ecosystem has degraded. These hawks rely on particular ground squirrels and jackrabbits, and they have not adapted their diet to other types of squirrels or cottontails.

Much of the original shrub-steppe has been lost to agriculture and irrigation and what remains is under constant pressure from development. "Maintaining keystone species," Andy says, "is the biggest concern."



Black-tailed jackrabbit. Photo by Andy Stepniewski

Andy will present "The Mosaic of Plant Communities in the Semi-arid Columbia Basin and the Associated Birds." at The Mountaineers Seattle Program Center on April 14 at 7 p.m.

Bears to Barnacles: Creatures of the Salish

By Joan E. Miller

Can you find the Salish Sea on a map? You might not know it by name, but chances are, if you live in the Pacific Northwest, you've traveled throughout its extensive region.

Salish Sea is the name given to all the interconnected bodies of water stretching from the southwestern tip of British Columbia and the northwestern tip of Washington. Its major waterways are the Strait of Georgia, the Strait of Juan de Fuca, and Puget Sound. The Salish Sea is the lifeblood of the region. It's intricately bound to Native cultures; it supports a variety of occupations, is home for marine creatures and feeds people and animals alike.

It is also the center of Joseph Gaydos' research work. As director and chief scientist of the Orcas Island-based SeaDoc Society, Gaydos leads a team of scientists who study the Salish Sea. SeaDoc is part of the UC Davis Karen C. Drayer Wildlife Health Center, and lists "the entire ecosystem" as their patient. From Olympia to the Campbell River, SeaDoc uses its scientific findings to work with policy makers and others to take action to heal the ecosystem.

Ensuring the Survival of Wildlife

As a veterinarian, Gaydos helps injured and sick individual animals, but his primary focus is the bigger picture: ensuring the survival of wildlife populations tied to the Salish Sea.

"We work to figure out what's happening to our local species, and why," he said. "And then we share that information by facilitating collaboration and networking among the different agencies, governments, and individuals who make the decisions

about how the 8 million people living in the Salish Sea can live in harmony with the marine environment."

With constant pressures from human activities, the changing ecosystem keeps researchers busy. Gaydos says there are 178 different bird species that use the Salish Sea and about one-third of those are listed as endangered or threatened in the United States or Canada. He has worked with various wildlife projects and has implanted transmitters in seals and birds, including surf scoters and white-winged scoters, to track their movements. Researchers are studying western grebes to learn what factors are contributing to their population decline. Over the last decade, says Gaydos, these birds have declined 95 percent. They eat mainly small fish, such as herring, which also are declining, so that may be one factor.

Harbor Seal Knowledge

Harbor seals abound in the Salish Sea, but Gaydos asks us to consider how much we really know about them. "The whiskers of harbor seals are so sensitive. It was recently discovered that the whiskers can sense the direction the fish swam by 30 seconds earlier and the seal can hone in on its prey." Harbor seals dive as deep as 1,500 ft, he says, where they essentially "fish by braille" because light disappears at about 1,000 ft.

It's clear that the Salish Sea holds countless wonders and is one of the most productive ecosystems in the world. "We have a lot here," Gaydos says. "But we can't be complacent about it. You also have to enjoy it. You gotta get out, go for a hike, go fishing, go digging for clams."

Joseph will present "Bear to Barnacles: Way Cool Creatures of the Salish Sea," at the Mountaineers Seattle Program Center on April 24 at 7pm.



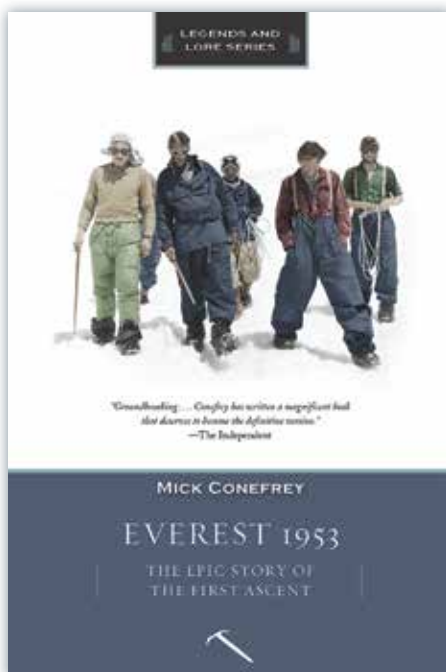
Harbor Seal. Photo by Doug Schurman

This is a combined image of Half Dome in Yosemite lit by the moonlight and the star trails photographed later in the evening after moonset, allowing for a darker sky and more stars. The images with the star trails rendered Half Dome and foreground very dark and without detail. Both images were taken at f/2.8, 3.5 minutes (though 4 minutes would be a better

exposure than 3.5 minutes for star trails), ISO 800, 51mm EF24-70mm f/2.8L USM with nine stacked star trails for a total of 31.5 minutes, Canon EOS 5D Mark II. *Photo credit: Jennifer Wu, from the new book, Photography Night Sky: A Field Guide for Shooting After Dark (Jennifer Wu and James Martin, March 2014)*

Three new titles for the Legends and Lore series

by Emily White, Publicist for Mountaineers Books



Among the world's great athletic endeavors, mountaineering is one of the rare sports to have a long and cherished literary tradition. Climbers remember their stories, share them, and write them down for future generations to discover.

The **Legends and Lore** series was created by Mountaineers Books to ensure that mountain literature will continue to be widely available to readers everywhere. From mountaineering classics to biographies of well-known climbers, and from renowned high-alpine adventures to lesser-known accomplishments, the series strives to bring mountaineering knowledge, history, and events to modern audiences in print and digital form. The **Legends and Lore** advisory council includes Nick Clinch, Tom Hornbein, Bernadette McDonald, Jim Moss, Jake Norton, Geoff Powter, David Roberts, Matt Samet, Karin Steinbach, and Jim Wickwire.

Everest 1953:

The Epic Story of the First Ascent
By Mick Conefrey

"A fascinating piece of documentary writing, as readable and poignant as Jon Krakauer's *Into Thin Air* or Joe Simpson's *Touching the Void*."

—*The Spectator*

The Last Step:

The American Ascent of K2
By Rick Ridgeway

Featuring a new foreword
by Yvon Chouinard
(Reissued by Mountaineers Books)

The Duke of the Abruzzi:
An Explorer's Life

By Mirella Tenderini and
Michael Shandrick
(Reissued by Mountaineers Books)

Racing the Wind with The Mountaineers

by Alan Vogt, Seattle Sailing Chair

It all started with a planning mistake. As a sailing instructor for The Mountaineers, I needed to schedule several sails for students to complete our course. While booking my "teaching sails" on my unorganized calendar, I forgot to check one event: The Northwest Catalina Regatta. In sailing terms, a series of short races is called a regatta, and this particular regatta decides who has the fastest Catalina sailboat in the Northwest. I never miss it.

A month later I realized I had booked a student sail on race day. I thought "Oh No! Students can't race.... *or can they?*" Suddenly, an idea formed in my head. I called each of the students, and we agreed to try racing and learning at the same time. We were officially in.

Race day dawned with sunshine, warm temps and a light breeze. We arrived at the boat an hour before the race start, and I posed the question: "How many times have each of you been on a sailboat before?" Their answer was a resounding ZERO. But they had all completed the classroom portion of the sailing class... so off to the races we went.

We took to the water and raised the sails. In no time we had the basics of tacking and jibing down, and it was time to start the first heat. Today's racing would have three heats. The first heat was in light wind which was not ideal for *Blue Fin*, my Catalina 42. We got an okay start and managed a third place in shifty winds. I could see the crew getting a little better on each maneuver as I coached and gave pointers.

The second heat saw slightly better wind, and our rookie crew was starting to gel as a team. Our timing was getting better and our tacks were getting faster. At the end of the heat we took second!

By the time the third and final heat started the wind had filled in and *Blue Fin* found her legs. We were all working together like a well oiled machine. I could see by the grins on everyone's faces - there was no stopping us now. We nailed the start at full speed. The other boats didn't even have a chance as we took off and left them all behind - they call it a "horizon job". The first place finish in heat three gave us an overall second place trophy for the day. Not bad for a bunch of first time sailors.

I love sharing my passion for sailing with people with little to no experience on a sail boat. Seeing the look on their faces and sharing their enthusiasm reminds me of my first days of sailing. The Zen of being one with the boat and nature, feeling the power of the wind in the sails and harnessing the natural forces of the earth was a life changing experience for me, and I could see it had been for my students as well. At the post race party the other skippers wondered where I'd gotten such a good crew. "I found them at the Mountaineers!" I said with a smile.

The Basic Sailing/Crewing Course for 2014:

Open for registration and starts April 1. It includes four evening classroom sessions with hands on teaching aids and three on-the-boat sessions. There is a maximum of four students per instructor. Completion qualifies you for free mountaineers sailing for life.

Go to <http://mtnsailing.wordpress.com> to learn more.



Blue Fin lined for the Northwest Catalina Regatta race. Photo by Dave Fend

Teaching the Natural World to a “City Girl”

by Suzanne Gerber, Publications Manager



Suzanne near Artist's Point, Mt. Baker Wilderness. Photo by Craig Romano

I grew up in the city. A fairly large city at that. No more than ten minutes from downtown high-rises. Nature to me was a line of oak trees on a hillside of evenly cut grass. It was where squirrels begged for Payday bars, because every squirrel knows caramel-covered peanuts are more awesome than acorns. To my parents' dismay, I would actually lie on my back in the grass with pieces of the bar on my stomach and hold back my little-girl squeals of delight as the squirrels climbed on top of me and ate their candy just inches from my nose.

Clearly, I was a nature-girl at heart. But the idea of exploring and understanding true wilderness - not parks and hills groomed by man - was overwhelming to me. To begin to really understand the complexity of nature, I enrolled in The Mountaineer's *Introduction to the Natural World Course*. I was hoping to learn a thing or two about plants and animals that aren't as tame as my city squirrels

The first time I went on a field trip through the naturalist course,

we stood in front of a small square section of land with our trusted guidebooks and were able to identify *every single plant*. I was so excited - I didn't know this was possible. Suddenly my world was both smaller and larger than ever before. Hundreds of trees on a forest walk became a community of hemlocks festooned with old man's beard, a common name for one of the types of lichen that grow on trees. The plants at my feet became brambles, twinflower and trilliums. The birds that flew by were not just whistling accents in the air, but black-capped chickadees and cedar waxwings.

Everyone can Naturally be a Naturalist

Everyone with eyes and ears and a little bit of patience can make an excellent naturalist. We learned as much from each other on these trips as we did from the leaders. We turned over leaves and rocks to analyze their structure or the creatures below, then hiked on to see how the plants and animals changed with the landscape and altitude.

On one hike, I had the pleasure of running into Gordie Swartzman, a gentleman whose enthusiasm for identifying elements of the natural world is both refreshing and contagious. He's the current facilitator of the naturalist course and explained its history to me. "About ten years ago," Gordie said, "two members of The Mountaineers' nature study group – a couple by the name of Don and Anne Schaechtel – took it upon themselves to create a kind of nature study boot camp. The idea was to teach the basics of nature study to anyone who wanted to learn, allowing the study group to be enjoyed by everyone who was interested – not just those who already know a lot about nature."

Naturalist Boot Camp

This 'boot camp' evolved into the Natural World Course that I took, two years ago now. Like most Mountaineer programs, it's taught by a team of passionate and knowledgeable volunteers. The course covers everything from ferns and flowers to birds, insects, reptiles, butterflies, and rocks. There are also talks on how the Pacific Northwest landscape was formed and its resulting bioregions.

"Besides the goal of giving a grounding on how to observe the various biota and to distinguish them from one another," Gordie said, "the course aims to change the hiking experience from passing through to being in – to experience connections, to ask new questions, to teach and learn from each other and to appreciate the natural world in a new way."

It certainly did that for me. And as it turns out, the names don't matter as much as I thought they did. What matters is the recognition and understanding. Some of the best naturalists I've met admit they often forget the names of plants or animals from season to season – but they know just what clues to look for to identify them.

Identifying Species your own Way

One respected naturalist in our community and also the Naturalist Lecture Series Subcommittee Chair, Vicki King, sees the identification of plants in a different light. "Botany is still evolving," she tells me. "With new technologies and the ability to identify relationships among plants based on their DNA rather than their flowering parts, botanists are trying to recreate the evolutionary family tree of plants." Vicki still inspects blossoms, turns over leaves and brings her guidebooks along on hikes, but she explains, "sometimes you need a microscope to truly tell some species apart."

Both on small scale and large, the basics of nature study provide the ability to read signs, paths and directions in the wild. They can be as clear as those in a city – just spelled out in different ways. They give me the confidence to keep exploring and the desire to share these explorations with others.

I now lead hikes and backpacks to my favorite places like Royal Basin in the Olympics and Lake Twenty-Two along the Mountain Loop Highway. With every visit, I discover something new. Sometimes, I discover the wilderness to be even tamer than the city. It's quieter, cleaner, and little gray jay birds atop popular mountains fly right up to you, like something out of Dr. Doolittle. Never mind the fact that they're trying to steal your food.

note: The Mountaineers does not encourage touching or feeding wildlife.

The Natural World Course for 2014:

Open for registration and starts April 15. It includes four evening lectures and four field trips. To find out more, go to www.mountaineers.org/seattle/naturalists/

Below, Vicki King on a naturalist hike, complete with her binoculars, sun hat, water, backpack and curiosity.



Vicki finds a scarlet gilia on a hike to Esmerelda Basin. Photo by Gordie Swartzman

'Our Secret Rainier'

Part 5: West Boundary Trail



Two scramblers on their way to Sweet Peak. Photo by Eve Rickenbaker.

West Boundary Trail: All Year Hike with Two Scramble Options

By Mickey Eisenberg and Gene Yore

Mount Rainier National Park (MRNP) is filled with glorious places to visit. Its visitors justifiably flock to the well-known destinations: Sunrise, Paradise, Camp Muir, Summerland, Spray Park and Comet Falls to name just a handful. But there are dozens of other wonderful places—less well known and perhaps a bit more difficult to find—that have a beauty all their own. Longtime Mountaineers trip leaders, Gene Yore and Mickey Eisenberg, call these places “Our Secret Rainier.” This is the fifth of a periodic installment from Gene and Mickey on these hard-to-find gems in the park.

Mount Rainier National Park has over 100 climbable peaks – not counting Mount Rainier itself – either within or immediately adjacent to the Park boundary. Most are scrambles, a few are climbs, and 15 peaks are reachable as hikes.

This installment of *Our Secret Rainier* offers hiking and scrambling winter options in a less-visited part of the park. And the trailhead is only 90 minutes from Seattle (less from Tacoma). Those preferring a hike can hike the trail to Alki Ridge through wonderful old growth forest. Those seeking a winter scramble have options to climb either Florence or Sweet (or both). Florence and Sweet are two of the 100 Peaks listed in the Guide to 100 Peaks at Mount Rainier National Park.

Hike to Alki Ridge

Route Description: Park at the old Carbon River Ranger Station, elevation 1750 ft. South of the station is a .3 mile nature walk. Head into the walk and take the right loop. In about .1 mile the nature walk continues to the left and you will find a trail leading up the hillside. The signpost reads “West Boundary Trail”. Head up the trail. In 1.7 miles the trail crosses below an unnamed cascading water fall. In less than 3 miles Alki Crest (a saddle/ridge) is reached (elevation 4500 ft). This is a good turn around point, but for those seeking more of a “burn,” an unmaintained trail continues on the south side of Alki Crest. Continue over the saddle heading mostly southeast. This trail is overgrown a bit and obscure in places. It descends 1160 ft to Tolmie Creek. The unmaintained trail is uniquely moss covered for the last half mile before reaching Tolmie Creek – probably because it is so seldom travelled.

NOTE: Do not continue past Alki Crest on the unmaintained trail to Tolmie Creek if the south hillside is snow covered and icy – the route travels over steep terrain and the trail is difficult to find when snow covered.

Alki Ridge, Sweet and Florence Peaks

Skill levels: Alki Ridge: moderate hike
Sweet and Florence Peaks: easy scramble

RT Distance: Alki Ridge: 6 miles, Sweet Peak: 6 miles,
Florence Peak: 9 miles

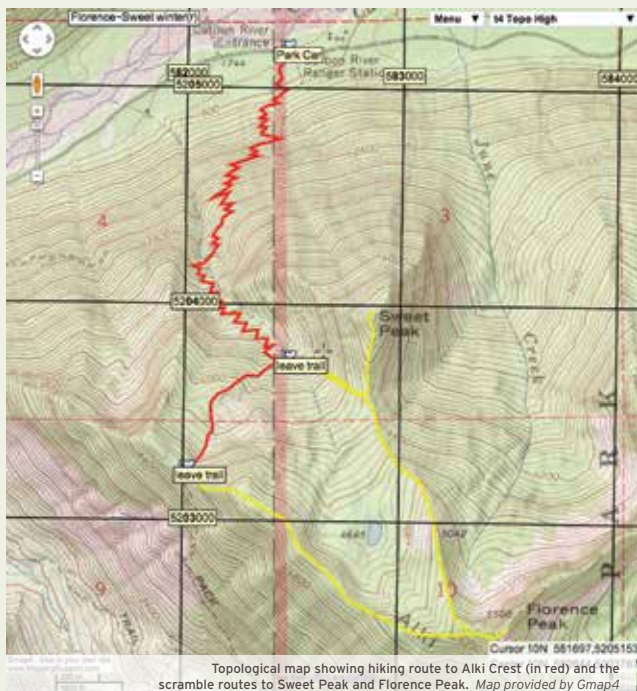
Elevations: Alki Ridge: 2800 ft, Sweet Peak: 2800 ft
Florence Peak: 4000 ft

Total times: Alki Ridge: 4.5 hours, Sweet Peak: 6 hours
Florence Peak: 8.5 hours

Best season: All year. Slight avalanche risk below the
"winter summit" block of Florence following
heavy snowfall.

Maps: USGS Mowich Lake, Golden Lakes
Green Trails Mt. Rainier West

Equipment: Alki Ridge: Hiking gear
Sweet and Florence Peak: Scramble gear



Directions to Trailhead: Drive through Bonney Lake on 410 East Drive and in 6 miles turn right on the Mundy Loss Road. In 1.2 miles turn left on SR 162 (E. Pioneer Way) and in .3 miles blend into SR 165. Continue on SR 165 and in 8.6 miles take a slight left onto the Carbon River Road. Continue to the Carbon River Entrance in the northwest part of the park, and park in the small parking area by the old ranger station.

This entrance is open year round. The road is closed here due to massive flooding and washouts. A new ranger station, located 2.4 miles west of the Carbon River entrance opened in 2013. Drive time to the parking area is 90 minutes from downtown Seattle and less from Tacoma. National Park permits are required for parking.

Scramble to Sweet Peak

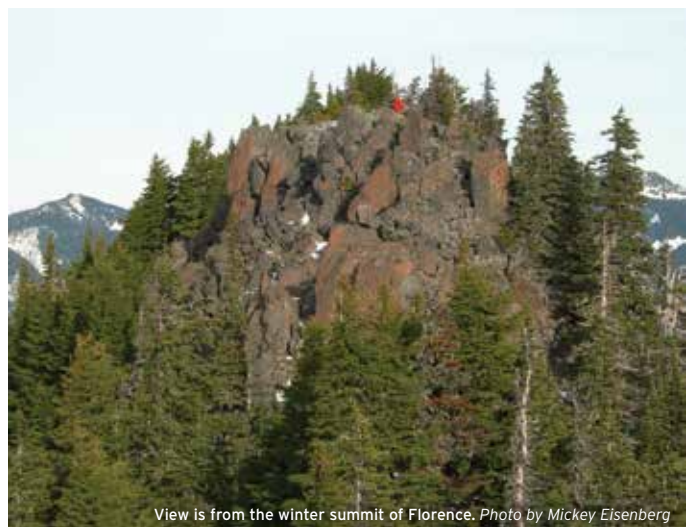
Route Description: See description for hike to Alki Crest. Follow the West Boundary Trail. At 3650 ft leave the trail and head into a boulder field and ascend initially at a bearing of 131. At 4108 ft (.2 miles) change bearing to east - 92. The saddle between Sweet and Florence is reached at 4310 ft. From the saddle head north to the summit of Sweet.

General Comments: Sweet Peak is accessible year round with very low avalanche risk. The peak and the ridge to the peak are treed so the views are not spectacular. Nevertheless this makes for a shorter day than the scramble to Florence and the route travels through lovely old growth forest.

Scramble to Florence Peak

Route Description: See description for hike to Alki Crest. At the Alki Crest saddle/ridge head southeast to Florence Peak. There is an alternate route to Florence Peak coming from the Sweet/Florence saddle. At 3650 ft leave the trail and head into a boulder field and ascend initially at a bearing of 131. At 4110 ft change bearing to 92. The saddle between Sweet and Florence is reached at 4310 ft. From the saddle head south for 150 feet of elevation and then head in a southeast direction. Keep on the ridge (or slightly on the west side of the ridge) until 5200 ft and then head east for 200 ft of elevation. Ascend northeast to the summit at 5508 ft.

You can return via the same route or descend the Alki Crest ridge (at a northwest bearing) until reaching the boundary trail at a saddle at 4500 ft. Pick up the trail and head northeast and return to the TH. If traveling along the northwest ridge from Florence to the saddle at 4500 ft it is best to stay slightly on the south side of the ridge if encountering difficult going. In summer there is a good way trail.



Want to learn more? Information about all 100 climbable peaks around Mount Rainier may be found in *Guide to 100 Peaks at Mount Rainier National Park*, published as an enhanced iBook for the iPad on iTunes and a PDF eBook by Mountaineers Books. All royalties are donated to The Mountaineers.



Helicopter Rescue: a Story of Survival

by Kristina Ciari, Membership & Marketing Manager

The level of outdoor community support in the Pacific Northwest is truly unmatched. As a transplant myself, I know it can be difficult to make connections in a new place. Not so much when you go outside. You can roll up to any trailhead, crag, or mountainside and form friendships to last a lifetime. That's why it's only fitting that I should find myself here, working at The Mountaineers, through a lucky connection with a fellow outdoor enthusiast: Miles McDonough.

A Mountaineer and volunteer rescuer, Miles is also one of my good friends. We met in early 2012 as he was recovering from a pretty catastrophic climbing accident. Throughout his whole ordeal he stayed active, maintained a great attitude, and continued volunteering. More importantly for me, Miles stayed connected with the outdoor community. He saw The Mountaineers' job description for a Membership & Marketing Manager, shared it on Facebook, and now, here I am – working with a fantastic group of outdoor enthusiasts. I will forever owe him a debt of gratitude (along with many beers).

A Mountaineer

Growing up, Miles always felt a strong desire to get outside. He possessed a propensity for figuring things out on his own and getting after it. His stoke was high, but he eventually realized he'd need better skills to increase his margin of safety in the backcountry. He joined the Mountaineers in 2008.

Miles enrolled in The Mountaineers' 80-hour Wilderness First Responder course taught by Remote Medical International (RMI). He explains, "The vast majority of us rarely encounter wilderness emergencies, so it can be difficult to convince ourselves to invest the time and effort into learning and maintaining these skills." However, the subject resonated with him so much that six months later, he enrolled in RMI's Wilderness EMT course.

In 2010, Miles began volunteering with our First Aid program. By then, he had graduated Basic and Intermediate Climbing, taken sailing, avalanche awareness, cross-country and backcountry skiing. But his passion truly lies in Wilderness Medicine.

Miles initially turned to volunteering with The Mountaineers as a way to maintain his own knowledge base and help pass his skills on to others. He helped create the Alpine First Aid Committee in order to revamp the Mountaineers Oriented First Aid (MOFA) program. He worked with fellow volunteers to standardize the curriculum, bring in professional instructors, and offer more first aid courses throughout the year to meet our growing demand. Most importantly, the subcommittee created weeknight scenario sessions to provide our members with more opportunities to maintain their wilderness first aid skills in a relaxed, friendly environment.

In addition to teaching the skills he needed to get outside safely and responsibly, Miles also credits The Mountaineers with helping him meet his best friends. Through his courses, he forged a set of relationships that still dominate his life. He climbs, skis, lives, travels, and works on the rescue teams with the same set of individuals that he met through The Mountaineers. It's through these same friends that I met Miles.

A Rescuer

In addition to his volunteer work with The Mountaineers, Miles joined the Everett Mountain Rescue Unit (EMRU) in 2009. EMRU is a volunteer organization of climbers providing technical rescue services in rugged mountain terrain. Many of the volunteers for EMRU have come up through training with The Mountaineers. In fact, mountain rescue organizations as they exist on a nationwide scale are founded after early rescues conducted by The Mountaineers.

Miles became even more involved in mountain rescues when he applied for a position as a Rescue Technician/EMT with the Snohomish County Helicopter Rescue Team (HRT) in late 2010. HRT works closely with EMRU to provide additional support for rescues in rugged terrain requiring a helicopter for extraction.

When I asked why rescue work appealed so much to him, Miles

had the perfect answer: "I'm interested in wilderness medicine, love every moment I spend in the backcountry regardless of the weather or conditions, and get satisfaction from using my mountaineering skills to help people in need."

Miles and his fellow volunteers are exactly the type of people you want coming to your aid in the wilderness, a reality Miles would soon experience for himself.

A Survivor

On September 7, 2011, Miles set off with his friend Matt to climb the West Ridge of Mt. Stuart in a single day. There was not a cloud in the sky. The climbing was fantastic, efficient, and the route finding straightforward. All was going according to plan until Miles pulled off a loose block below the summit at 9,400'. Miles fell, tumbling for 65 feet, and suffered substantial injuries. It was noon.



Matt, unable to descend to Miles due to the technical terrain and a severely damaged rope, was able to slide supplies down to Miles, who had lost his own pack in the fall. Without a cell phone or personal locator beacon, Matt then descended the technical route without a rope, found a hiking party, borrowed their cell phone, and ran up Long's Pass to place a call to 911. Approximately five hours had passed since the accident.

For Miles, the most difficult portion of the whole ordeal was waiting. "I knew my climbing partner was soloing down the West Ridge and I was sick with worry for what might happen to him," Miles said. Then, miraculously, a helicopter doing reconnaissance for the rescue crested the ridge around 8pm, just as sun was setting. For the first time in eight hours Miles felt temporary relief. This meant Matt had made it down safely and help was on the way.

But Miles still had to make it through the night. Cold, alone, bleeding and in incredible pain, Miles spent an agonizing night solo on the mountain with nothing but the clothes on his back and an emergency blanket, which was eventually ripped to shreds by the wind. But worst of all, he continued to worry about the rescuers - most likely some of his best friends. Based on his own volunteer experience, he knew the difficult rescue tasks that lay ahead.

Meanwhile, a complex and technical rescue ensued, eventually involving both EMRU and HRT, in addition to Whidbey Naval Air Station and Chelan Mountain Rescue. While a mountain rescue team from EMRU climbed the Cascadian Couloir through the night, the helicopter team was developing a plan of attack. The EMRU team arrived just in time to rappel to Miles and assist HRT with a hoist extraction, whisking Miles away in a specialized harness. Miles finally arrived at the Central Washington Hospital in Wenatchee almost 22 hours after the accident.

His recovery was long and involved. "I had shattered my scapula, fractured five ribs, collapsed a lung, suffered a serious concussion, and sustained an eight-inch avulsion along my shin in addition to a number of other lacerations and contusions," he said. "While all of these injuries healed within the first several months, they only revealed the real damage that had been done. The impact of the fall had ripped a portion of my brachial plexus, the nerve bundle that innervates the shoulder. Despite the healed bones, I could not move my right arm at all." It was around this time that I first met Miles, his right arm hanging at his side, his right shoulder appearing bony and sunken due to muscle atrophy.

After extensive research into a specialized surgical technique, Miles flew to Baylor University to undergo a nerve transplant six months after the accident. The goal was to replace the dead nerve in his shoulder with a live nerve from his calf. The hope was that the transplanted nerve would grow back, allowing his brain to once again 'talk' to his arm to restore movement. After nine months of intensive physical therapy, Miles regained nearly full function of his arm.

A Proponent for Paying it Forward

Miles considers himself "incredibly fortunate." He is truly lucky to be here, and frankly, we're lucky to have him. Not only did he endure this harrowing ordeal, but he has returned to active duty as a Rescue Technician/EMT with the Helicopter Team and is currently serving as the membership chair of EMRU.

"I was passionate about rescue work previously, but now, having been the rescued, I understand intimately what is at stake. More and more of my time is poured into these two organizations as I look for ways to pay things forward."

But then, HRT lost its federal funding grant in early 2013. All of a sudden this non-profit, volunteer run team was at risk of disappearing. You see, HRT and EMRU do not charge for any of the rescues or the medical care they provide. And it's not just technical climbers who benefit from the services. Remember the recent I-5 bridge collapse? HRT was there, helping the other helicopters look for cars trapped in the river. EMRU made headlines a few years ago for assisting with the rescue of a boy who had fallen into the water and had been trapped on a ledge just above 270' Wallace Falls. They aid anyone from the casual outdoorsman to the serious weekend warrior. Combined, HRT and EMRU conduct an average of 80 missions per year in Snohomish, Chelan, King, Skagit, Whatcom, and Pierce Counties.

Support the Last Resort

Miles has made it his personal goal to find a sustainable source of funding so HRT/EMRU can continue saving lives for decades to come. He, along with a team of passionate

volunteers representing both HRT and EMRU, built a website (www.SupportTheLastResort.com) and a Facebook page to raise awareness of the funding dissolution. They designed and started selling t-shirts, hosted public outreach events, and sought donors and sponsors to raise money. His ultimate goal is to find sustainable funding, even if it means spending more time on the phone with potential sponsors and less time out in the field doing what he loves. Without efforts such as these, HRT will cease to exist at the end of 2014.

Every life saved belongs to a member of our community: a wife, a husband, a son, a daughter... a future rescuer. We can all feel a little safer knowing HRT is out there working hard - just in case - so we can continue to enjoy the mountain adventures we love.

Want to show your support?

Saturday, April 19: Join us for the first-ever HRT fundraising dinner and live/silent auction at our Seattle Program Center. Ticket information can be found at:

<http://helicopterrescue.org/fundraiser>.

Can't make the event? Support at any level by visiting www.SupportTheLastResort.com to make a donation.



Paddling a Kayak Dream from Coast to Coast

by Melinda Moree, Mountaineers kayak instructor



Sarah Miller rounds a point and heads for the next cove as she paddles North on Baker Lake in Washington State. Photo by Daniel Hale

It All Started with a Trip to Seattle

In 1992, I visited Seattle for work and a friend took me out kayaking on Lake Union. It was a beautiful, sunny, warm day with the sunlight sparkling on the water. I became...obsessed. Each time I visited Seattle I rented a kayak and headed out for a new adventure. Frogs and birds at Foster Island and the UW wetlands. The awe of sitting underneath the Montlake and University bridges as they were raised. The pleasure of wandering through the house boats on Lake Union at eye level. It was quite a thrill one day to be paddling through the Montlake Cut on opening day! I had no idea why all of these boats were out and moving with considerable speed through such a narrow channel. Capsize and drowning seemed inevitable! But then the sun set and the Seattle skyline blazed golden with Mt. Rainier floating in the distance.

Back home in Baltimore I devoured each and every issue of my new subscription to *Sea Kayaker* magazine. I read many stories of fun and adventure. Even the "deep trouble" stories, which somehow always seemed to take place in the San Juan Islands, didn't put me off.

On the east coast, kayaking had not caught on. I didn't know of anyone who kayaked, or even a place to rent boats. It was a sea kayak wasteland! My daughter was born in 1994, and her first words were "coffee" and "kayak." My kayaking dreams multiplied. How could we *not* move to Seattle?

That move to Seattle finally happened in 1996. I managed to get out in a kayak on Lake Union a couple of times a year. But


an increasingly demanding career with frequent international travel, a toddler, and a second child made for very full days. My sea kayaking dream faded.

In 2009 I saw a notice for the Basic Sea Kayaking course offered by The Mountaineers. I had stalked The Mountaineers for a while, but thought they mostly did climbing and other extreme, death-defying activities. I knew from my experience kayaking in the Montlake Cut that I needed to know more about how to be safe. I had no idea what to do if my boat tipped over. The San Juan Islands sounded stunning but apparently many kayakers got into trouble in those waters.

A Community for Learning

I was a bit apprehensive as I signed up for the class. Outdoor adventures were usually a solo outing for me, and I had never really joined a group. But something inside me wanted companionship in my kayaking. Learning the skills was important, but I was also looking for new friends and a community.

The program has three classroom sessions, a pool session (warm water!), and an open water session. During the classroom sessions we learned about weather, tides and currents, how to dress, different types of kayaks, clothing and safety gear, and navigation. Honestly, much of it went over my head, but what I remember most was lots of people who were so excited about kayaking and wanted to share their love and knowledge of the sport with others.



You must live in the present, launch yourself on every wave, find your element in each moment.

- Henry David Thoreau



Mountaineers Sea Kayakers Steve and Ginger Stackpole explore the coastline as they paddle their way to Cypress Island in Puget Sound, WA for a night of camping. Photo by Daniel Hale

All of us were nervous about the pool session. We fretted most about what we should wear! We arrived at the pool, and it was full of kayakers. We split up into groups of four and had two volunteer instructors for our group. Our task was to capsize and perform a "wet exit," meaning that we were to come out of the kayakers while underwater. The instructors were very patient and encouraging, and all in our group succeeded. Then we learned how to get ourselves back in our kayakers if we did capsize, and how to work with a partner to miraculously get the capsized boater back into a dry boat! It was not easy, but with practice, and some welcomed tips from our instructors, we all managed to smoothly perform the tasks.

Out of the Pool and into the Sea

Then it was time to try our new skills out in the open water. We gathered at Mathews Beach on Lake Washington for our "open water" day. Fortunately, no one filmed us wriggling and hopping to get into our dry suits. Since the waters of the Pacific Northwest are so cold, paddling in a dry suit is almost always appropriate. We practiced our wet exits and rescues. I was very happy we had tried these first in a warm pool! In the afternoon we learned several paddle strokes for moving our kayakers forward, backwards and in a circle. We then put those strokes to use paddling around the lake.

In order to graduate from the class and be eligible to go on Mountaineers trips, we had to complete two student paddles. My first trip was to Chuckanut Bay. I'm pretty sure I had a silly grin



Sea kayaking students practice a wet exit. Photo by Ed Hand

on my face all day. Finally! I was out kayaking, with cool people, in an incredibly beautiful place. We saw seals, birds, and huge numbers of purple and orange starfish.

Seventeen years of dreaming came into focus on that day. I had indeed come home, and something deep inside me settled. In the five years that I have been paddling with the Mountaineers I have taken advanced instruction, become a trip leader, attended lots of fun sea kayaking symposia and become a certified instructor. I go on many one-day and multi-day trips each year, including trips with some of the wonderful new friends I have made here.



A calm day on the water for Melinda Moree. Photo by Ed Hand



Mike Connor paddling with a Greenland Stick (wooden paddle) on Baker Lake in Washington State. Photo by Daniel Hale

Sea Kayaking: Tips for a beginner

compiled by The Everett Mountaineers Sea Kayaking Committee

- 1) **Take a class:** learn how to safely enjoy the sport of sea kayaking.
- 2) **Learn rescue techniques:** wet exit, self-rescue, and how be rescued, and provide assisted rescues
- 3) **Always wear a PFD:** personal flotation device, specifically for kayaking.
- 4) **Dress for the water,** *not* the weather.
- 5) **Always paddle with a buddy.**
- 6) **Talk to experienced kayakers** and local kayak shops to learn about local conditions that might not be covered in guide books or discernible from charts and tide/current information sources.
- 7) **Learn trip preparation and planning** by learning to understand how tides, currents, and weather will affect your trip.
- 8) **Select a boat appropriate for your experience** and the type of kayaking you want to do (whitewater, sea kayak day trips, sea kayak overnight or longer trips, etc).
- 9) **Sea kayak essentials:** Carry and know how to use the kayaking safety and survival essentials.
- 10) **Know your limits.**
- 11) **Know the marine "rules of the road."**
- 12) **Check Local Resources:** Explore all the campsites available to human powered water craft at Washington Water Trails Association (wwta.org).

2014 Basic Sea Kayaking Course

Courses include four lectures, a pool session and an open water session. Course start dates below:



Everett: March 27

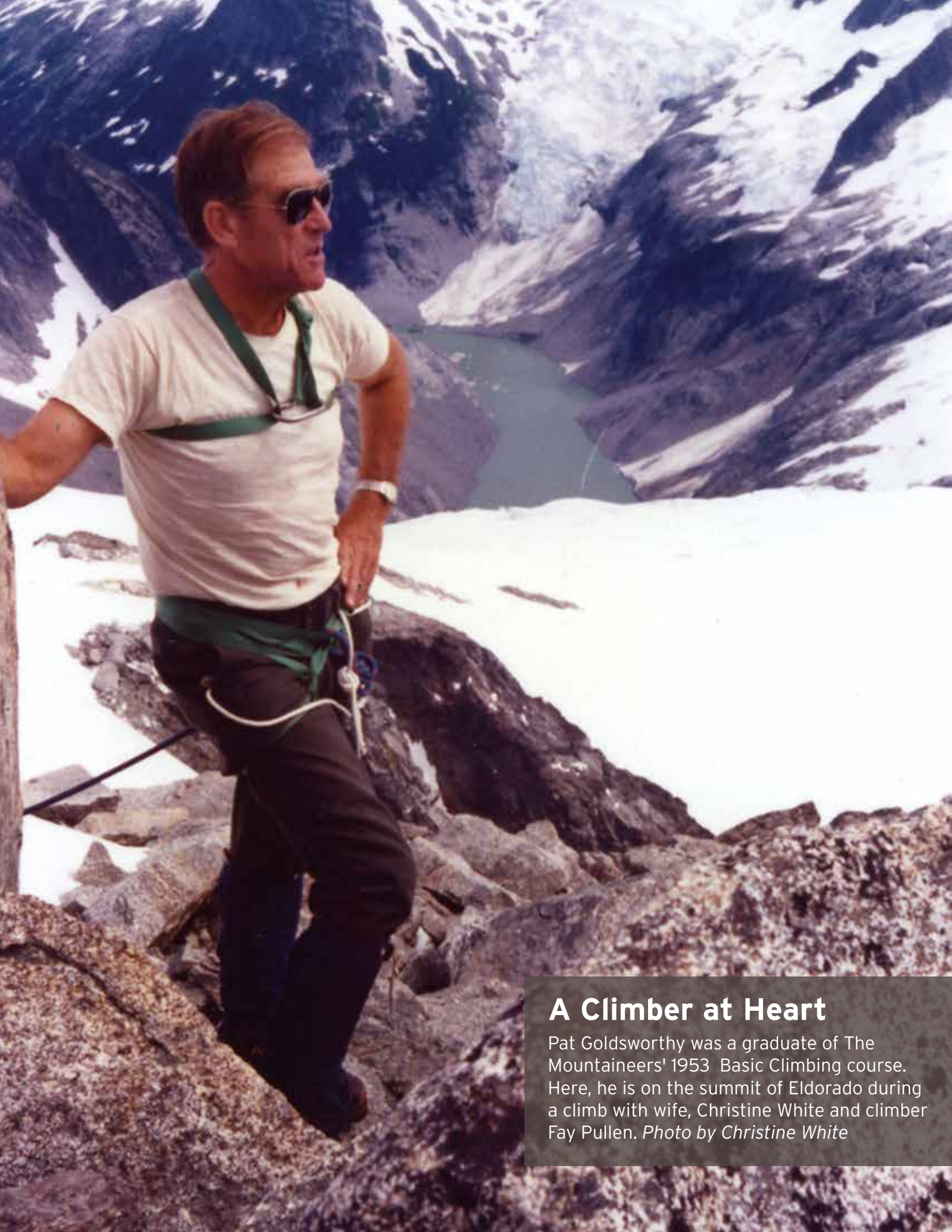
Kitsap: April 5

Tacoma: April 5

Olympia: April 22

Seattle: April 23

Sea kayaking courses usually fill up quickly, so be sure to reserve your spot. To sign up online, visit www.mountaineers.org and check course listings under the 'Learn' tab.



A Climber at Heart

Pat Goldsworthy was a graduate of The Mountaineers' 1953 Basic Climbing course. Here, he is on the summit of Eldorado during a climb with wife, Christine White and climber Fay Pullen. *Photo by Christine White*

Creating Conservationists and a Future for Wilderness

by Mary Hsue, Director of Development

On September 3, 1964 President Lyndon B. Johnson signed the Wilderness Act into law.

It was to secure the benefits of an enduring resource of "wilderness" for the American people: where the earth and its communities of life are left unchanged by people, where the primary forces of nature are in control, and where people themselves are visitors who do not remain. It created a way for Americans to protect wilderness for future generations.

As we approach the 50th anniversary of this landmark conservation bill, I'm reminded of a memorial I attended a few months ago for Pat Goldsworthy, a longtime Mountaineers member who "was present at the creation of the Northwest's conservation movement, back in the days when horn-blasting logging trucks lined up outside wilderness hearings," writes Joel Connelly of the Seattle Post-Intelligencer.

Pat moved to Seattle in 1952 to become a biochemistry professor at the University of Washington. Soon after, he began to make a name for himself in the conservation community by leading efforts - single-handedly in some cases - and joining organizations that fought to establish the Glacier Peak Wilderness in 1960, pass the Wilderness Act in 1964, and establish the North Cascades National Park in 1968.

Exploring Pacific Northwest Wilderness

North Cascade National Park is most notable to me - a native Washingtonian and newbie conservationist who, like many, took the Pacific Northwest landscape for granted until just ten years ago when I ventured onto local trails to train to climb my first peak. At the memorial, among the many stories about Pat's conservation work, the story that struck a chord for me was the one - and only one - that mentioned his graduation from the "Basic" course in 1953. I wanted to know more so I reached out to the gentleman who told that story - Norm Winn, a retired attorney, 46-year member of The Mountaineers, former president, and longtime member of the Conservation Committee.

I asked how it all started for him. "I moved to Seattle around 1967 and came to The Mountaineers because I wanted to explore the mountains" says Norm. He took the Basic course in 1968 and soon after climbed Mount Adams. "I looked south at the Gifford Pinchot and saw miles and miles of clear-cut," he says. "It was like a light bulb," he thought, "we have to do something."

Norm, who was in junior high when Pat graduated "Basic," was also a prominent conservationist. He played a significant role in the establishment of the Alpine Lakes Wilderness in 1976 and the Washington State Wilderness Act of 1984. He was also an active climb leader over that same period. "When I testified in Congress and before the Senate, they listened because I was a climber," he says. "Republicans were used to seeing bird-watchers



Pat Goldsworthy with LBJ at the 1968 creation of North Cascades National Park.

and old ladies." Case in point, when making the argument for the Washington Wilderness Act, Malcolm Wallop, Republican senator from Wyoming asked Winn why they needed to protect an additional 1-million acres when Mt. Rainier, Mt. Olympus, and the North Cascades were already protected, Norm answered, "Senator Wallop, I've climbed the Grand Teton. The Teton and Bridger Wilderness areas are protected." He went on to say "I'm just trying to get the same protections that you already have in the State of Wyoming." Point taken.

Stories of Adventures

The conversation that began with conservation ended with Norm's stories of favorite climbs, adventures, and even a few first ascents. It became clear to me that Norm's story likely echoed Pat's, my own, and quite possibly yours - the desire to learn skills that would enable you to venture safely into the wild backcountry that resulted in a deep connection to the natural landscape and the desire to protect it. I closed the conversation with my theory of connection and asked Norm if he agreed with it. And he answered "Yes."

As we are celebrating the 50th anniversary of the Wilderness Act, let's give a nod to past Mountaineers members who worked tirelessly to protect wilderness for us to enjoy today and consider what we can do today to ensure wilderness protection that balances conservation and access for the next 50 years.

Conservation continues:

The Mountaineers has many opportunities to take an active role in conserving the Pacific Northwest's beautiful landscape. Email Katherine Hollis, our Conservation and Responsible Recreation Manager to find out how you can get involved: katherineh@mountaineers.org.

Trekking and Climbing the Himalaya Mountains

By Craig Miller, Global Adventures trip leader



Photo by Dave Todd

We politely removed our shoes at the old gumpa (Buddhist monastery), tiptoed inside, admired colorful fresco paintings, sat on the floor, and experienced one of the thrills of the Himalaya. The red-robed, shaved-head monks sat on benches, chanting ancient scriptures from memory. Periodically they stopped chanting, blew a long horn, clashed cymbals, and blew a conch shell (these mountains arose from the ocean). *I love the Himalaya Mountains and their people!*

The Himalaya Mountains are thrust up between India and China, stretch west-east in an arc 1,500 miles long, and include

all fourteen 8,000-meter (26,247 feet) peaks. The staggering geology and scale of the Himalayan peaks and glaciers are intermixed with unique plants and animals, and a culture that is simultaneously different and highly welcoming. The Himalayan people are known for being some of the friendliest in the world.

"This was my 'bestest', most awesome outdoor adventure ever. Nepal is perhaps the most spectacular country in the world. I was fortunate to climb with such a great group and trip leader. The people who inhabit the Himalayas are the strongest, heartiest, most joyous & generous I have ever met. This was a trip of a lifetime." -Mountaineer member Brian Booth

The Mountaineers have led 15 different treks and climbs in all of the Himalayan countries - Nepal, Tibet, India, Bhutan, and China. Each year we sample a new part of the Himalayas. Our treks are multi-day hikes where we travel by foot on rugged paths, with occasional layover days. Our climbs are like Mountaineers multi-day basic climbs on rock and glacier, but at very high altitude with even more dramatic vistas. The outings are usually strenuous because of the high elevation, but our itineraries are designed to allow participants plenty of time to acclimate. Though there are two trekking seasons in the Himalaya - spring and autumn - our outings usually go in autumn when there is better weather for views and photography. We work with the best quality local trekking and climbing companies in the region; you only need to carry a daypack. Water is purified each day for drinking, and Western sanitation standards are used for cooking. On every trip we "give back" by cleaning trails and climbers' base camps.

Consider experiencing that transcendent feeling of hiking or climbing among the highest peaks on Earth, in the midst of an exotic culture and way of life. *Dhanyabad!* [Thank You, Nepalese]

Current Global Adventures Trip Listings:

Climb Red Rocks, NV

April 11-15, 2014

Join the Seattle Crag Chair for a classic Red Rocks outing April 11 through April 15, 2014. Spend three days climbing some of Red Rocks classic moderate multi-pitch routes graded from 5.6 to 5.8. Climbers must be crag course or intermediate graduates OR have comparable Trad climbing and leading skills. **Price:** \$510 per person. **Leader:** Loni Uchytel, loniuchytel@msn.com

Backpack Kauai's Na Pali Coast

April 16-23, 2014

The Na Pali Coast is one of the most beautiful and remote areas on Kauai. The centerpiece of our eight-day Kauai adventure will be a three-day/two-night

backpack along the eleven-mile Kalalau Trail, which winds along this rugged coastline, providing the only land access to the legendary Kalalau Valley. **Price:** \$1,500-1,750 per person (based on signup number of participants). **Leader:** Lisa Berntsen, lisaberntsen@hotmail.com

Hike England and Wales

June 17-July 7, 2014

Spend nearly three weeks hiking England's Lake District and Snowdonia National Park in north Wales with Shari and Paul. They've lived in the North of England and led over 35 Mountaineer Global Adventures. Enjoy day hikes to many of the highest peaks in England and Wales, pub meals, full English breakfasts, and excellent accommodations. **Price:** \$3,650 **Leader:** Shari Hogshead, SkiMntr@aol.com, 425-260-9316

Trek Switzerland's Via Alpina

Sept. 1-25, 2014

Backpacker magazine rated Switzerland's Via Alpina "The World's Best Hike." The Alpine Pass Route is the classic long hike across Switzerland. This outing combines very strenuous hiking, spectacular Alpine scenery, European culture, and delicious food. You carry only a daypack and sleep in beds.

Price: \$4,000

Leader: Craig Miller, craigmiller@comcast.net

Trek or climb Nepal's Khumbu

Trek Oct. 8-28, 2014 or

Climb Oct. 8-Nov. 8, 2014

We all trek to Kala Patar viewpoint and Mt. Everest base camp, sleeping in lodges. Climbers continue to Makalu, camping. Trek is strenuous; climb is very strenuous. You carry only a daypack. **Price:**

Trek, \$3,000; or climb, \$4,000

Leader: Craig Miller, craigmiller@comcast.net

Backpack the Patagonian Andes

Three linked outings: Feb. 8-19, 2015, Feb 20-27, 2015, and Feb 28-March 6, 2015

Backpack the spectacular Torres del Paine circuit, staying at camps and refugios. Visit stunning Perito Moreno glacier and backpack under the Fitz Roy massif in Los Glaciares National Park. Day hike to glaciers and coast of Tierra del Fuego and backpack the remote Sierra Valdivieso route across the Fuegian Andes above the Beagle Channel. **Price:** \$2600 (Torres del Paine), \$1500 (Fitz Roy), \$1500 (Tierra del Fuego). 50% deposits due by Apr 15, 2014.

Leader: Cheryl Talbert, cascadehiker@earthlink.net

Visit www.mountaineers.org for additional trip details.

FREDHUTCH.ORG/CLIMB
206.667.1398



CLIMB

TO FIGHT BREAST CANCER®

MT ADAMS
MT BAKER
DENALI
MT ELBRUS
MT EVEREST
MT HOOD
MT KILIMANJARO
MT OLYMPUS
MT RAINIER
MT SHASTA
MT ST. HELENS
VOLCANOES OF MEXICO



JOIN TODAY AND ASCEND SOME OF THE WORLD'S MOST BREATHTAKING PEAKS TO HELP RAISE FUNDS TO SUPPORT OUR MISSION TO FIND A CURE.

Alaska Airlines

KOMO
4

KOMO
NEWS
RADIO
1000-927

RAVE RADIO
570KVI

ALPINE ASCENTS

BENEFITING: FRED HUTCHINSON
CANCER RESEARCH CENTER



Ready for Adventure?

The Go Guide offers **just a sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. Most of our trips are open to the general public as an introduction to Mountaineers activities. Listings with the words **"GETTING STARTED SERIES"** immediately following the destination are designed specifically to introduce the greater outdoors community to our community of Mountaineers, one that has enjoyed and preserved the great Northwest since 1906. Otherwise, the name of the committee that organizes and provides leaders for the trip or event immediately follows the destination.

If you are looking for camaraderie with a particular branch of The Mountaineers, check out the color-designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma. **SIGN UP** for the trip or event of your choice, and remember that if you are a Mountaineers member, you may register for an event or course in any branch of your choice.

Events and trips marked **OPEN TO ALL** don't require that a course be taken before participating. But please keep in mind that they **REQUIRE REGISTRATION** unless otherwise noted. You will also need a current **WAIVER** on file with The Mountaineers to participate. Those marked **PREREQUISITES** mean a course or equivalent skills are required. Following are guides and keys to interpreting the trip listings.

TRIP RATINGS

Ratings are based on mileage, elevation gain and difficulty of terrain. They assume optimal conditions. Bad weather, getting off route or very soft snow, for example, can change the difficulty of a trip.

Climbs: BR=Basic Rock; B=Basic Alpine; BG=Basic Glacier; IR=Intermediate Rock; IM=Intermediate Mountaineering; II=Intermediate Ice; CRG=Crag Climbing; AID=Aid Climbing; WI=Water Ice

Hikes: E=Easy (up to 8 mi. RT, up to 1200' elevation gain). M=Moderate (up to 12 mi., 1200'-2500' gain). S=Strenuous (up to 14 mi., 2500'-3500' gain). VS=Very Strenuous (over 14 mi. and/or more than 3500' gain).

Scrambles: (non-technical, off-trail trips to a summit, often on snow and/or rock) Difficulty (first digit) is rated from 1 (easiest) to 5 (toughest). The second digit is the technical difficulty, rated from 1 (least technical, least exposed) to 5 (most technical and most exposed).

Sea Kayak (approximate): SKI=wind under 6 knots, ripple. SKII=wind under 10 knots, up to 1' chop crossing up to 1 nm. SKIII=wind under 15 knots, up to 2' chop (whitecaps), crossing up to 2 nm. SKIV=wind up to 20 knots, 3-4' breaking waves, crossing up to 5 nm. SKV=wind up to 20 knots, 4' breaking waves and surf, crossing up to 5 nm. See respective branch websites for details on ratings and prerequisites.

Ski: N=Nordic; M=Mountain; I*= Instructional (beginner). 1=Easy for N (4-6 mi. RT, 500' gain); Intermediate for M (5-15 mi. RT, 1,500' plus gain). 2=Moderate for N (6-10 mi. RT, 1,000' plus gain);

Advanced for M (6-20 mi. RT, 2,500' plus gain). 3=Intermediate/Harder for N (7-12 mi. RT, 1,500' plus gain); Expert for M (8-20 mi. RT, 2,500' plus gain). See respective branch websites for details on ratings and prerequisites.

Snowshoe: E = Easy (up to 500' elevation gain, up to 6 mi. RT). M = Moderate (500-2,000' elevation gain, up to 10 mi. RT). S= Strenuous (over 2,000' elevation gain, no distance limit).

ABBREVIATIONS

CG—Campground	E, W, N, S—East . . .
USGS—US Geological Survey	GT—Green Trails
Hwy—Highway	I—Interstate
ITC—Issaquah Trail Cntr	Jct—Junction
MRNP—Mt. Rainier	NP—National Park
NWFP—NW Forest Pass (fee)	mi—miles
FS—Forest Service	P&R—P&R
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

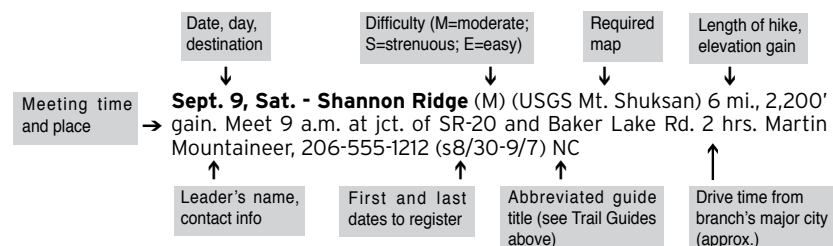
MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

SEA KAYAK, SAILING ESSENTIALS

Please see respective branch websites for details.

TRIP LISTING KEY



activities open to all (via activities registration)

Listings below include those built online through February 3. See www.mountaineers.org for up-to-date listings

climbing

3/8, Sat - Little Si Climbing. (EM) Green Trails Mt Si NRCA No. 206S. 5 mi, 1200'. Meet at Little Si TH at 7:00 AM. Sign up with Leader: Jordan Roderick, (425) 868-7054, jordan@roderick.com (s2/24-3/7) **SEA**

3/15, Sat - Little Si Climbing. (EM) Green Trails Mt Si NRCA No. 206S. 5 mi, 1200'. Meet at Little Si TH at 7:00 AM. Sign up with Leader: Jordan Roderick, (425) 868-7054, jordan@roderick.com (s3/9-3/14) **SEA**

3/21, Fri - Mt Si Main Trail - Students Only Climbing. (MS) Green Trails Mt Si No. 174, Green Trails Mt Si NRCA No. 206S, USGS Mt Si. 8 mi, 3200'. Meet at Trailhead at 3:30 PM. Leader's Permission Required: Brian Johnston, (425) 327-9986, mrbsjohnston@earthlink.net (s2/12-3/19) **TAC**

4/5-4/6, Sat-Sun - Intermediate Climbing - Rock Climbing Practice Session Climbing. (IR) Sign up with Leader: Stephen McKim, (206) 250-4585, stephen2337@msn.com (s3/15-4/1) **SEA**

4/25, Fri - Mt Si Main Trail - Students Only Climbing. (MS) Green Trails Mt Si No. 174, Green Trails Mt Si NRCA No. 206S, USGS Mt Si. 8 mi, 3200'. Meet at Trailhead at 3:30 PM. Leader's Permission Required: Brian Johnston, (425) 327-9986, mrbsjohnston@earthlink.net (s2/12-4/23) **TAC**

dancing

3/4 - 4/29, Tue - Folk dance - Kirkland No Registration Required. Meet at Peter Kirk Community Center (downtown Kirkland) at 7:30pm. See website for details: www.mountaineers.org/seattle/folkdance/ Leader: Johnny Jeans, (425) 746-2328, jjmtjoys@yahoo.com **SEA**

global adventures

4/11-4/14, Fri-Mon - Climbing in Red Rocks Global Adventures. 0 mi, 0'. Members: \$510. Leader: Loni Uchytill, 206-293-0998, loniuchytill@msn.com (s12/20-4/1)

4/16-4/23, Wed-Wed - Na Pali Backpack and Kauai Adventure Global Adventures. Members: \$1,500. Leader's Permission Required: Lisa Berntsen, (253) 857-2569, lisaberntsen@hotmail.com (s1/1-3/1)

hiking

3/2, Sun - Lower Lena Lake Hiking. (EM) Green Trails The Brothers No. 168, USGS Mt Washington. 6.4 mi, 1300'. Meet at Olympic Natl Forest HQ Black Lake at 7:30 AM. Leader: Nancy Lloyd, (360) 628-4237, nanlloy@gmail.com (s2/2-2/27) **OLY**

3/3, Mon - All-Activity Used Equipment Sale Tacoma Branch Hiking. Meet at

Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:00 PM. Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s1/1-2/28) **TAC**

3/4, Tue - Lake Wilderness Park Midweek Hikes. (E) 5 mi, minimal'. Meet at Gravel parking lot on north side of SR169, just west of the SR18 overpass at 10:30 AM. Leader: Dick Hayek, (253) 952-1210, richardhayek@aol.com (s2/18-3/3) **SEA**

3/5, Wed - West Tiger 2 and 3 Loop Midweek Hikes. (M) 8 mi, 2500'. Meet at TBA at 8:30 AM. Leader: Kirt Lenard, (425) 894-7790, kirlen2000@yahoo.com (s2/15-3/2) **SEA**

3/8, Sat - Notch Pass Hiking. USGS Mt Walker. 8.6 mi, 3000'. Meet at Poulsbo Church of the Nazarene Park and Ride at 8:00 AM. Leader: Mark Thibault, (360) 860-1037, mark.a.thibault@gmail.com (s1/20-3/7) **KIT**

3/10, Mon - Mid-week Leaders Committee meeting Midweek Hikes. Meet at TBA at 10:30 AM. No Registration Required, Leader: Roxanne Eve, (425) 228-4958, rentonrph@hotmail.com **SEA**

3/13, Thu - Little Si & Boulder Garden Trail Midweek Hikes. (M) Green Trails Mt Si NRCA No. 206S. 6 mi, 2000'. Meet at Little Si Trailhead at 9:30 AM. Leader: Roxanne Eve, (425) 228-4958, rentonrph@hotmail.com (s2/27-3/12) **SEA**

3/15-3/16, Sat-Sun - Wilcox mountain, Whistler Canyon trail Hiking. (MS) 12 mi, 3000'. Meet at Monroe Park & Ride at 6:00 AM. Leader: Ken Willis, (425) 218-4113, kjwillis325@yahoo.com (s1/31-3/11) **EVT**

3/18, Tue - Tiger Mountain Botany Hike Midweek Hikes. (E) Green Trails Mt Si NRCA No. 206S. 3 mi, minimal gain'. Meet at IATC see leader notes at 9:30 AM. Leader: Joe Toynbee, (425) 228-6118, toynbee@comcast.net (s3/4-3/17) **SEA**

3/19, Wed - Island Series Hikes - Seward Park to Pritchard Island Midweek Hikes. (M) 8 mi, minimal'. Meet at Seward Park Bath House parking lot at 9:30 AM. Leader: Kathy Biever, (206) 283-9047, eskyay39@comcast.net (s3/3-3/17) **SEA**

3/22, Sat - Ebeys Landing/Fort Casey Hiking. (E+) USGS Coupeville. 5.6 mi, 260'. Leader's Permission Required: Bern Lamarca, mountain_babe@comcast.net (s3/5-3/19) **EVT**

3/26, Wed - Fragrance Lake Hiking. (E) 6 mi, 1000'. Meet at Sehome Village at 5:00 PM. Leader's Permission Required: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s3/25-3/25) **BEL**

4/5, Sat - Mt Si Main Trail Alpine Scrambling. (MS) Green Trails Mt Si No. 174, Green Trails Mt Si NRCA No. 206S, USGS Mt Si. 8 mi, 3200'. Meet at Mt Si Parking Lot at 7:00 AM. Sign up with Leader: Royce Poetter, (253) 857-2569, royce.poetter@hp.com (s2/1-4/3) **TAC**

rentonrph@hotmail.com (s2/1-4/3) **TAC**

4/17, Thu - Cougar Mountain, Jim Whittaker Wilderness Peak Trail Midweek Hikes. (M) Green Trails Cougar Mtn No. 203S. 6-8 miles mi, 1900'. Meet at Jim Whittaker Wilderness Trailhead at 9:30 AM. Leader: Roxanne Eve, (425) 228-4958, rentonrph@hotmail.com (s4/1-4/16) **SEA**

4/19, Sat - Duk Point to Point of the Arches Hiking. (M) Custom Correct Olympic Coast, North, SeaTrails Roadless Coast, Neah Bay to Ruby Beach WA302. 5 mi, Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s4/1-4/18) **KIT**

4/20, Sun - Cape Flattery Hiking. Green Trails Cape Flattery No. 98S. 1.5 mi, 200'. Meet at TBD at 10:00 AM. Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s2/28-4/17) **KIT**

4/23, Wed - Chuckanut Ridge Hiking. 10 mi, 1800'. Meet at Sehome at 5:00 AM. Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s4/22-4/22) **BEL**

4/23, Wed - Lake to Lake Midweek Hikes. (EM) Bellevue Park Guide Map. 7.5 mi, 300'. Meet at Enatai Beach Park at 9:00 AM. Leader: Jan Miller, (425) 746-7870, ivs2garden@earthlink.net (s4/8-4/21) **SEA**

4/26, Sat - Duckabush River and Murhut Falls Hiking. (MS) Custom Correct Brothers - Mt Anderson, Green Trails The Brothers No. 168. 12.2 mi, 2600'. Meet at Ash Way P&R - southwest section at 5:00 AM. Leader's Permission Required: Bern Lamarca, mountain_babe@comcast.net **EVT**

naturalists

4/26, Sat - Westberg Trail Naturalists. (E+) Washington DNR Yakima. 4+ mi, 1700'. Meet at Trailhead at 9:30 AM. Leader: Kay English, (206) 527-8485, kenglish43@gmail.com (s4/10-4/24) **SEA**

4/30, Wed - Island Series Hikes - Whidbey Island - Double Bluff Midweek Hikes. (M) 8.6 miles mi, minimal'. Meet at Mukilteo Ferry at the Walk-on shed at 8:00 AM. Leader: Kathy Biever, (206) 283-9047, eskyay39@comcast.net (s4/14-4/28) **SEA**

3/22-3/23, Sat-Sun - Columbia River Gorge East (WA) - Spring Wildflowers Naturalists. (EM) 5-6+ mi/day mi, 800-1400'/day'. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s3/1-3/20) **SEA**

4/12, Sat - Carbon River Road Naturalists. (M) Green Trails Mt Rainier West No. 269. 10 mi, 600'. Meet at Grady Way Park & Ride at 7:00 AM. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com **SEA**

4/26-4/27, Sat-Sun - Columbia Hills St Park & Rowena Plateau - Spring Wildflowers Naturalists. (EM) 4-8mi/day mi, Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s4/1-4/22) **SEA**



photography

4/16, Wed - Potluck and Image Presentation Photography. (E) Meet at Seattle Program Center at 6:00 PM. No Registration Required, Leader: Anne Smart, (206) 283-4973, smartmccord@msn.com [SEA](#)

sea kayaking

3/3, 3/17, Mon - Gig Harbor Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com [TAC](#)

3/9, 3/23, Sun - Tacoma Pool Play Sea Kayaking. No Registration Required, Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com [TAC](#)

singles/social

3/1 - 4/5, Sat - Green Lake Walk Singles/Social. Meet at Urban Bakery, 7850 E Green Lake Dr N at 11:00 AM. No Registration Required, Leader: Karen Munn, (206) 366-2736, kjmunn@mac.com [SEA](#)

3/5 - 4/30, Wed - Evening Outdoor Inline Skate Singles/Social. Meet at West Seattle at 7:00 PM. No Registration Required, Leader: Mark Olsoe, (206) 937-7454, markolsoe@comcast.net [SEA](#)

3/7-4/11, Fri-Fri - Games Night Singles/Social. Meet at Phinney Neighborhood Center at 7:00 PM. No Registration Required, Leader: Eldon Ball, (206) 366-8405, eldonball@juno.com [SEA](#)

3/23, Sun - Dungeness Spit Singles/Social. (M) 11 mi, 110'. Meet at Trail head in Dungeness National at 10:00 AM. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s3/14-3/20) [SEA](#)

4/13, Sun - Oyster Dome Singles/Social. (M) USGS Bellingham South, USGS Bow. 7 mi, 1700'. Meet at TH just off Chuckanut Drive or SR 11. at 10:00 AM. Leader: Bob Pankl, (206) 729-0162, pankl@earthlink.net (s4/4-4/10) [SEA](#)

4/26, Sat - Whiskey Dick Mtn Singles/Social. (M) 10 mi, 1800'. Meet at Tibbetts Park & Ride at 6:00 AM. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s3/26-4/23) [SEA](#)

ski/snowboard

3/6, Thu - Amabilis Mountain Skiing/Snowboarding. (N3) 9 mi, 2000'. Meet at Cabin Creek Sno-park at 9:30 AM. Leader: Jon Struss, (206) 244-2669, jonstruss@comcast.net (s2/19-3/4) [SEA](#)

snowshoeing

3/1, Sat - Goat Mt. Snowshoeing. (S) Green Trails Hamilton No. 45. 10 mi, 4000'. Sign up with Leader: Carrie Strandell, wolfwoman0819@hotmail.com [EVT](#)

3/8, 3/15, Sat - Paradise Area - New Members Welcome! Snowshoeing. (E) Green Trails Mount Rainier Wonderland No. 269S, Green Trails Mt Rainier West No. 269, Green Trails Paradise No. 270S. 5 mi, 400'. Meet at Tacoma, details depending on geography of group at 7:00 AM. Leader's Permission Required: Amy Mann, (253) 759-2796, agmann@comcast.net (s2/25-3/6) [TAC](#)

4/5, Sat - Excelsior Mt. Snowshoeing. (S) Green Trails Mt Baker No. 13. 8 mi, 3500'. Sign up with Leader: Carrie Strandell, wolfwoman0819@hotmail.com [EVT](#)

activities with prerequisites (or must be in course)

climbing

3/15, Sat - Exploratory - Mt Harvey (BC), North Ramp Climbing. (IM) Meet at Hat Mt Trailhead (BC) at 7:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/15-3/13) [SEA](#)

3/22, Sat - Vantage: Feathers, Various Climbing. (CRG) 0 mi, 0'. Sign up with Leader: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s2/17-3/14) [SEA](#)

3/23, Sun - Vantage: Sunshine Wall, Various Climbing. (CRG) 0 mi, 0'. Sign up with Leader: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s2/17-3/14) [SEA](#)

3/29, Sat - Lane Peak, Zipper (winter) Climbing. (IM) USGS Mt Rainier East, USGS Mt Rainier West. 5 mi, 1500'. Meet at Newport P&R at 5:30 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s2/15-3/24) [EVT](#)

4/5-4/6, Sat-Sun - Mt Rainier, Gibraltar Ledge Climbing. (IM) Green Trails Mt Rainier East No. 270, Green Trails Mt Rainier West No. 269, USGS Mt Rainier East, USGS Mt Rainier West. 0 mi, 14410'. Meet at Newcastle P&R at 5:45 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s3/1-4/1) [EVT](#)

4/5-4/6, Sat-Sun - Leavenworth - Icicle Canyon, Various Climbing. (CRG) 0 mi, 0'. Sign up with Leader: Stefanie Schiller, (206) 552-6293, stef67@gmail.com [SEA](#)

4/6, Sun - Mt Erie: Upper Wall, Various Climbing. (CRG) 0 mi, 0'. Meet at Mt Erie Lower Parking Lot at 6:00 AM. Leader's Permission Required: Jim Pitts, (425) 760-3505, jim@pitts.org (s12/11-4/1) [SEA](#)

4/12-4/13, Sat-Sun - Leavenworth - Bruces Boulder Climbing. (CRG) Meet at Bridge Creek Campground at 8:00 AM. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-4/12) [EVT](#)

4/12-4/13, Sat-Sun - Leavenworth - Alphabet Rock Climbing. (CRG) USGS Leavenworth. Meet at Bridge Creek Campground at 7:00 AM. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s4/15-4/12) [EVT](#)

4/12-4/13, Sat-Mon - Leavenworth - Clamshell Cave Climbing. (CRG) Meet at Bridge Creek Campground at 7:00 AM. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-4/12) [EVT](#)

4/26-4/27, Sat-Sun - Mt Hood, Sandy Headwall Climbing. (II) 0 mi, 0'. Meet at Newcastle P&R at 7:00 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com [EVT](#)

4/26, Sat - Vantage: Riverview Park, Various Climbing. (CRG) Leader's Permission Required: Art Freeman, (206) 525-4129, artfreeman525@aol.com (s12/8-3/31) [SEA](#)

conservation

4/19, Sat - Washington Coast Clean-up: Duk Point Stewardship. Custom Correct Olympic Coast, North, SeaTrails Roadless Coast, Neah Bay to Ruby Beach WA302. 5 mi, Meet at Ozette Ranger Station at 8:30 AM. Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s10/11-4/16) [KIT](#)

Go to www.mountaineers.org for all trip and course listings.

navigation

3/27, Thu - Committee Meeting - Seattle Navigation Navigation. Meet at Seattle Program Center at 7pm-8:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com [SEA](#)

scrambling

3/1-3/2, Sat-Sun - Low Mtn (winter) Alpine Scrambling. (WS) Green Trails Snoqualmie Pass Gateway No. 207S, USGS Snoqualmie Pass. 0 mi, 3200'. Leader: Craig S., craig.mountaineers@gmail.com (s2/10-2/25) [SEA](#)

3/1, Sat - T-Bone Ridge SW Spur (winter) Alpine Scrambling. (WS) USGS Big Devil Peak. 0 mi, 0'. Meet at Marblemount Ranger Station at 7:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s2/1-2/27) [SEA](#)

3/9, Sun - Chutla & Waypenayo (winter) Alpine Scrambling. (WS) USGS Mt Rainier West, USGS Wahpenayo Peak. 9 mi, 4200'. Meet at Longmire Lodge at 7:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s1/15-3/6) [SEA](#)

3/15-3/16, Sat-Sun - Wright Mtn (winter) Alpine Scrambling. (WS) 2900'. Leader: Craig S., craig.mountaineers@gmail.com (s2/24-3/11) [SEA](#)

3/17, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com [SEA](#)

3/22, Sat - Mt Rose (winter) Alpine

Scrambling. (WS) Custom Correct Mt Skokomish - Lake Cushman. 6 mi, 3500'. Meet at Mud Bay PR at 6:30 AM. Sign up with Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s3/4-3/18) **OLY**

3/29-3/30, Sat-Sun - Mt Defiance (winter) Alpine Scrambling. (WS) USGS Bandera. 0 mi, 0'. Leader: Craig S., craig.mountaineers@gmail.com (s3/10-3/25) **SEA**

4/5, Sat - Silver Peak (winter) Alpine Scrambling. (WS) USGS Lost Lake, USGS Snoqualmie Pass. 8 mi, 3700'. Meet at MWPR at 6:00 AM. Sign up with Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s3/11-3/22) **OLY**

4/5, Sat - Ruby Mtn (winter) Alpine Scrambling. (WS) USGS Ross Dam. 0 mi, 0'. Meet at Rt 20 near gate at 7:30 AM. Leader: Frank Miles, (206) 527-9943, pedicularis@earthlink.net (s2/10-4/2) **SEA**

4/19, Sat - Mt Rose (winter) Alpine Scrambling. (WS) Custom Correct Mt Skokomish - Lake Cushman. 6 mi, 3500'. Meet at Mud Bay Park'n Ride at 7:00 AM. Leader: Gary Hudson, (360) 402-1113, gary.hudson@comcast.net (s4/1-4/18) **OLY**

4/21, Mon - Committee meeting - Seattle Scrambling Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com **SEA**

4/25-4/27, Fri-Sun - ASI - Lodging at Stevens Pass Alpine Scrambling. Meet at Stevens Pass Lodge at 7:00 PM. Members: \$75, Non-members: \$75. Leader: Tab Wilkins, (253) 468-8713, tabmountaineers@hotmail.com (s1/21-4/17) **SEA**

courses open to all (via course registration)

backpacking

3/12, Wed - New Hike/Backpack Leader Seminar - Eastside Backpacking. Meet at Newport Way Library, 14250 SE Newport Way, Bellevue at 6:15 PM. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s1/28-3/11) **FH**

3/19-11/30, Wed-Sun - Backpacking Building Blocks (B3) Course - New Members Welcome! Backpacking. Members: \$75. Leader: Steve LeBrun, (206) 283-5708, stevelebrun@comcast.net (s1/15-3/14) **FH**

4/8, Tue - Lightweight Hiking and Backpacking Seminar (non-B3) Backpacking. Meet at Room 1, Bellevue Library, 1111 110th Ave NE, Bellevue, WA at 6:30 PM. Members: \$25, Non-members: \$50. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s3/26-4/7) **FH**

4/15, Tue - Lightweight Hiking and Backpacking Seminar (non-B3) Backpacking. Meet at 130 E Sunset Way, Issaquah at 6:30 PM. Members: \$25, Non-members: \$50. Leader: Lawrence Landauer, (0) -, lawrenceglennlandauer@yahoo.com (s4/1-4/14) **FH**

sea kayaking

3/2, Sun - Indian Island Circumnavigation SK III Sea Kayaking. (III) 12.5 mi, Meet at Port Hadlock ramp at 10:00 AM. Leader's Permission Required: Don Rice, (360) 681-4190, drice@olympen.com (s1/22-2/28) **SEA**

3/9, Sun - Nisqually Delta Sea Kayaking. (III) Sign up with Leader: Lisa Johnson, (206) 439-7029, lajbkayak@yahoo.com **OLY**

3/15, Sat - Suquamish to Keyport Sea Kayaking. (III) SeaTrails Seattle, Bainbridge Island, Bremerton and Liberty Bay WA202. 10 mi, Meet at Suquamish Boat Ramp at 1:30 PM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s1/22-3/13) **KIT**

3/22, Sat - Blake Island WMTA work party Sea Kayaking. (II) NOAA Puget Sound No. 18440, NOAA Puget Sound: Seattle to Bremerton No. 18449, SeaTrails Seattle, Bainbridge Island, Bremerton and Liberty Bay WA202. Meet at Southworth Ferry Parking Lot at TBD. Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

4/18, Fri - Lake Ozette Sea Kayaking. (II-III) Custom Correct Ozette Beach Loop, Green Trails Ozette No. 130S, SeaTrails Roadless Coast, Neah Bay to Ruby Beach WA302. Meet at Lake Ozette Camp Ground at 2:00 PM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

ski/snowboard

3/2, Sun - Crystal Mtn Backcountry M2 Route Skiing/Snowboarding. (M2) Green Trails Bumping Lake No. 271. 10 mi, 5000'. Meet at Plaza south of ticket window of Crystal

4/22, Tue - Light and healthy backpack food made simple (non-B3) Backpacking. Meet at Mercer Island Library, 4400 88th Ave SE, Mercer Island, WA at 6:15 PM. Members: \$25, Non-members: \$50. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s4/8-4/21) **FH**

4/30, Wed - Light and healthy backpack food made simple (non-B3) Backpacking. Meet at Cascade Room, Seattle Program Center at 6:30 PM. Members: \$25, Non-members: \$50. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s4/15-4/29) **FH**

climbing

3/1-3/2, Sat-Sun - Intermediate Rescue Methods FT - Exit 32 Climbing. Leader: Ron Eng, (206) 546-3846, rceng05@comcast.net (s1/13-3/28) **SEA**

3/1, Sat - SIG Rock FT Vantage Feathers Climbing. Leader's Permission Required: Ken Hahn, (206) 595-7237, kenhahn2004@gmail.com (s1/10-2/27) **SEA**

3/2, Sun - SIG Rock FT Vantage Feathers Climbing. Leader's Permission Required: Ken

Mountain ski area at 8:30 AM. Leader: Dick Lambe, (206) 232-4965, dicklambe@hotmail.com (s2/17-2/28) **FH**

3/16, Sun - Paradise Area, M1 Route - New Members Welcome! Skiing/Snowboarding. (M1) USGS Mt Rainier East. Meet at Bruno's Restaurant, 204 Center Street East, Eatonville, WA 98328 at 7:30 AM. Leader's Permission Required: Ron Jarvis, (206) 264-4499, ron.jarvis@yahoo.com (s12/31-3/14) **FH**

4/6, Sun - Yellow Jacket Road Skiing/Snowboarding. (E+) USGS White Pass. 7 mi, 500'. Meet at DOT facility Hwy 12 1/2 mile W of White pass ski resort at 9:00 AM. Leader's Permission Required: David Wilson, (360) 878-6222, dtwilson3d@gmail.com (s2/21-4/4) **OLY**

4/13, Sun - Paradise Area, M1 Route - New Members Welcome! Skiing/Snowboarding. (M1) USGS Mt Rainier East. Meet at Bruno's Restaurant, 204 Center Street East, Eatonville, WA 98328 at 7:30 AM. Leader's Permission Required: Ron Jarvis, (206) 264-4499, ron.jarvis@yahoo.com (s12/31-4/11) **FH**

snowshoeing

3/9, Sun - Huntoon Point Snowshoeing. (M) Green Trails Mt Shuksan No. 14, USGS Shuksan Arm. 6.5 mi, 1400'. Meet at Baker Lodge at 9:00 AM. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s3/8-3/8) **BEL**

3/22, Sat - Hurricane Hill Snowshoeing. (M) USGS Hurricane Hill. 7 mi, 1,100'. Meet at Olympic National Park Visitor Center, located in Port Angeles at 9:15 AM. Leader: Nicole Hansen, (425) 471-3176, Nicole.Hansen@comcast.net (s2/24-3/20) **SEA**

Hahn, (206) 595-7237, kenhahn2004@gmail.com (s1/10-2/27) **SEA**

3/5, Wed - Seminar: Ultra-Light Packing Climbing. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Paul Griffith, (206) 842-6117, paulxs650@yahoo.com **SEA**

3/8-3/9, Sat-Sun - SIG Rock FT Vantage Feathers Climbing. Meet at 65th park and ride at 6:30 AM. Leader's Permission Required: Jim Nelson, (206) 329-1073, Jim@promountainssports.com (s1/1-3/7) **SEA**

3/13, Thu - Conditioning for Mountaineering and Alpine Climbing Climbing. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Stefanie Schiller, (206) 552-6293, stef67@gmail.com **SEA**

3/15-3/16, Sat-Sun - SIG Rock FT Vantage Feathers Climbing. Meet at TBD at 5:30 am. Leader: Edward Palushock, ed.palushock@yahoo.com (s1/3-3/7) **SEA**

3/15, Sat - SIG Rock FT Vantage Feathers Climbing. Meet at Feathers Parking at 9:00 AM. No Registration Required, Leader: Daniel Greenfield, (206) 706-8415, dan@dangreenfield.com **SEA**

3/16, Sun - SIG Rock FT Vantage Feathers Climbing. Meet at Feathers Parking at 9:00 AM. No Registration Required, Leader: Daniel Greenfield, (206) 706-8415, dan@dangreenfield.com **SEA**

3/18, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com **SEA**

3/20-6/15, Thu-Sun - Crag Climbing Course - Seattle Climbing. Members: \$475, Non-members: \$575. Leader's Permission Required: Loni Uchtyl, 206-293-0998, loniuchtyl@msn.com (s12/1-3/3) **SEA**

3/22-3/23, Sat-Sun - Bellingham Basic Fundamentals Pine n Cedar Climbing. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-3/24) **BEL**

3/24, Mon - Seminar: Safe Travel at High Altitude with Dr Andy Luks Climbing. Meet at Seattle Program Center at 7:00 PM. No Registration Required, Leader: Jola Paliswiat, (425) 786-8020, jolap@live.com **SEA**

3/29-3/30, Sat-Sun - Intermediate Rescue Methods FT - Exit 32 Climbing. Leader: Jeff Bowman, (206) 850-2274, bowmanja@comcast.net (s2/20-3/27) **SEA**

4/1, Tue - Food Dehydration for Climbers & Backpackers Climbing. Meet at Seattle Program Center at 7:00 PM. Leader: Carry Porter, (425) 893-8843, carry_porter@yahoo.com (s1/1-3/31) **SEA**

4/5, Sat - Bellingham Basic Rock I Mt Erie Climbing. Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-4/5) **BEL**

4/12-4/13, Sat-Sun - Bellingham Basic Rock II Skaha Climbing. Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-4/15) **BEL**

4/22, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s3/24-4/18) **SEA**

4/23, Wed - Basic Climbing Equivalency Evaluation - Seattle Climbing. Meet at Magnuson Program Center at 6:00 PM. Leader: Peter Clitherow, (206) 632-9844, peter.clitherow@gmail.com (s7/1-4/23) **SEA**

4/26-4/27, Sat-Sun - Basic Climbing Course Snow 1 FT (Grace Lakes) Climbing. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-4/26) **EVT**

4/26, Sat - SIG Rock FT Vantage Feathers Climbing. Leader's Permission Required: Brett Dyson, (206) 527-9842, hhiking@hotmail.com (s12/8-4/1) **SEA**

4/29, Tue - Seminar: Travel Medicine Climbing. Meet at Seattle Program Center at 7:00 PM. No Registration Required, Leader: Jola Paliswiat, (425) 786-8020, jolap@live.com **SEA**

5/3-5/4, Sat-Sun - Bellingham Basic Snow I Austin Pass Climbing. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-5/5) **BEL**

5/20, Tue - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's

Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s4/28-5/16) **SEA**

6/5, Thu - Alpine Rock Course Climbing. (IR) Meet at Goodman C at 6:30 PM. Members: \$250, Non-members: \$295. Sign up with Leader: Chris Dessert, (206) 778-5669, christopher.dessert@gmail.com (s10/16-6/8) **SEA**

6/7-6/8, Sat-Sun - Crevasse Rescue FT-MRNP-Olympia, Nisqually Glacier Climbing. Meet at MWPR at 6:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/4-6/3) **OLY**

6/23, Mon - Self-Rescue Practice Climbing. Meet at Program Center at 6:30 PM. Leader's Permission Required: Stefanie Schiller, (206) 552-6293, stef67@gmail.com (s5/26-6/20) **SEA**

first aid

3/8-3/9, Sat-Sun - Wilderness First Aid at Tacoma Program Center First Aid. (NA) Meet at Tacoma Program Center at 7:45 AM. Members: \$180, Non-members: \$225. Leader: Sharon Carlson, (253) 312-5544, sharoncarlson04@comcast.net (s1/14-3/7) **TAC**

3/10-3/30, Mon-Sun - MOFA - Olympia First Aid. Members: \$150, Non-members: \$250. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s12/11-3/5) **OLY**

3/15-3/16, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s2/4-3/13) **SEA**

3/19, Wed - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcDonough@gmail.com (s2/4-3/15) **SEA**

3/19, Wed - AFA Scenarios - Seattle (Volunteer) Climbing. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s1/15-3/16) **SEA**

4/5-4/6, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) Climbing. Meet at Mountaineers Program Center at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s2/4-4/3) **SEA**

4/17, Thu - AFA Scenarios - Seattle (Responder) Climbing. Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcDonough@gmail.com (s2/4-4/14) **SEA**

3/26, Wed - Trouble on the Mountain: MOFA and the Leaders Perspective First Aid. Meet at Griffin Fire District Bldg #1 at 6:00 PM. Leader's Permission Required: Bob Keranen, (360) 340-1882, keranen@hcc.net (s1/15-3/23) **OLY**

3/29-3/30, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) First Aid. Meet at Mountaineers Program Center at Magnuson Park at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Kirsten Morton, (206) 399-6582, kirsten.mplus5@gmail.com (s1/30-3/24) **EVT**

4/14, Mon - WFA Scenarios - Everett (Volunteers) First Aid. Meet at Taylor's Landing - SCVSAR HQ, Snohomish WA at 6:00 PM. Leader: Rachel Shields, (347) 225-1172, rachellinnshields@gmail.com (s2/2-4/10) **EVT**

4/14, Mon - WFA Scenarios - Everett (Responder) First Aid. Meet at Taylor's Landing - SCVSAR HQ, Snohomish WA at 6:00 PM. Leader: Shep Shepherd, (210) 862-5094, a.shepherd07@gmail.com (s1/30-4/10) **EVT**

6/21-6/22, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee) First Aid. Meet at Mountaineers Program Center at Magnuson Park at 7:45 AM. Members: \$175, Non-members: \$235. Leader: Kirsten Morton, (206) 399-6582, kirsten.mplus5@gmail.com (s4/1-6/16) **EVT**

6/30, Mon - WFA Scenarios - Everett (Responder) First Aid. Meet at Taylor's Landing - SCVSAR HQ, Snohomish WA at 6:00 PM. Leader: Joellyn Jackson, (425) 347-0763, joellynj@hotmail.com (s4/1-6/26) **EVT**

hiking

3/12, Wed - New Hike/Backpack Leader Seminar - Eastside Hiking. Meet at Newport Way Library, 14250 Se Newport Way, Bellevue at 6:15 PM. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s1/28-3/11) **FH**

3/12, Wed - Wild Edible Plants & Backcountry Medicine Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30 PM. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s11/15-3/12) **TAC**

3/20, Thu - Beginning Hiking Seminar Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s12/13-3/20) **SEA**

3/22-10/4, Sat-Sat - Conditioning Hiking Series - Seattle Hiking. Members: \$115. Leader: Steve Payne, (253) 315-0426, stevepayne@mindspring.com (s2/12-3/3) **SEA**

4/16-9/30, Wed-Tue - Wilderness Skills - Olympia Hiking. Meet at Friends Meeting House at 6:30 PM. Members: \$25, Non-members: \$50. Leader: Jim French, (360) 754-6551, jimfrenchwa@comcast.net (s12/11-4/16) **OLY**

4/16, Wed - Safety in Cougar, Wolf & Bear Country Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30 PM. Leader: Michael Waiss, (253) 627-5696, mwaiss@net-venture.com (s11/15-4/16) **TAC**

5/8, Thu - Beginning Hiking Seminar Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s3/21-5/8) **SEA**

5/21, Wed - Backcountry Gourmet & Wilderness Cooking Hiking. Meet at Tacoma Program Center, 2302 N 30th Street, Tacoma, WA 98403 at 6:30 PM. Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s11/15-5/21) **TAC**

Go to www.mountaineers.org for all trip and course listings.

leadership

3/22, Sat - Tacoma Outdoor Leadership Seminar Leadership. Meet at Mountaineers Program Center, Tacoma at 8:00 AM. Members: \$55. Leader: Julie Myer, (360) 870-1553, juliemi35@comcast.net (s1/6-3/3) **TAC**

4/22-4/25, Tue-Fri - Essentials of Outdoor Leadership - Olympia Leadership. Meet at Olympic Flight Museum at 6:00 PM. Members: \$25, Non-members: \$25. Leader: Mike McIntosh, (360) 591-4048, free_2_climb@yahoo.com (s12/20-4/18) **OLY**

naturalists

4/10, Thu - Plant Communities and Associated Birds of WAs Shrub-steppe Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

4/15-8/11, Tue-Mon - Introduction to the Natural World Course Naturalists. Meet at Seattle Program Center at 7:00 PM. Members: \$90, Non-members: \$120. Leader: Gordie Swartzman, (206) 526-5607, g.swartzman@gmail.com (s1/1-4/14) **SEA**

4/24, Thu - Amazing Creatures of the Salish Sea Naturalists. Meet at Program Center at 7:00 PM. No Registration Required, Leader: Vicki King, (206) 525-7099, vkbirder@gmail.com **SEA**

navigation

3/5, Wed - Basic Navigation Workshop - INSTRUCTORS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm-9:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-3/2) **SEA**

3/8, Sat - Basic Navigation Course - Everett (for Students) Navigation. (M) USGS Stevens Pass. 4 mi, 500'. Meet at Camp Pigott at 7:30 AM. Members: \$40, Non-members: \$45. Leader: James Bigelow, (206) 363-3495, jebigelow@comcast.net (s1/7-3/2) **EVT**

3/8, Sat - Basic Navigation Course - Everett (for Instructors) Navigation. (M) Meet at Camp Pigott at 7:00 AM. Leader: Hopper Heidal, (425) 345-2726, joel.heidai@live.com (s1/7-3/7) **EVT**

3/15, Sat - Basic Navigation Field Trip - INSTRUCTORS Navigation. USGS Baring, USGS Index. 6 mi, 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at 6:30am. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-3/12) **SEA**

3/16, Sun - Basic Navigation Field Trip - INSTRUCTORS Navigation. USGS Baring, USGS Index. 6 mi, 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at 6:30am. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s9/29-3/12) **SEA**

3/29, Sat - Basic Navigation Course - Everett (for Instructors) Navigation. (M) Meet at Camp Pigott at 7:00 AM. Leader: Hopper Heidal, (425) 345-2726, joel.heidai@live.com (s1/7-3/28) **EVT**

3/29, Sat - Basic Navigation Course - Everett (for Students) Navigation. (M) USGS Stevens Pass. 4 mi, 500'. Meet at Camp Pigott at 7:30 AM. Members: \$40, Non-members: \$45. Leader: James Bigelow, (206) 363-3495, jebigelow@comcast.net (s1/7-3/23) **EVT**

4/17, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-4/15) **SEA**

5/15, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/7-5/13) **SEA**

6/19, Thu - Introduction to Map & Compass - Getting Started Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-members: \$15. Leader: Wesley Rogers, (206) 789-0049, rog999@comcast.net (s10/7-6/17) **SEA**

photography

3/1-3/8, Sat-Sat - Basic Photography Course - Seattle Photography. Meet at Seattle Program Center at 9:00 AM. Members: \$130, Non-members: \$140. Leader: Rick Good, (206) 542-5085, r_good_jr@yahoo.com (s11/15-2/21) **SEA**

3/15, Sat - Intro to Close-up and Creative Photography Photography. Meet at Seattle Program Center at 9:00 AM. Members: \$40, Non-members: \$50. Leader: Rick Good, (206) 542-5085, r_good_jr@yahoo.com (s1/29-3/12) **SEA**

sailing

4/1-4/29, Tue-Tue - Basic Crewing/Sailing Course - Seattle Sailing. Meet at Seattle Mountaineers clubhouse at 6:30 PM. Members: \$115, Non-members: \$180. Leader: Alan Vogt, (206) 295-8788, avogt@speakeasy.net (s1/18-3/29) **SEA**

scrambling

3/10-5/31, Mon-Sat - Alpine Scrambling Course - Kitsap Alpine Scrambling. Meet at Kitsap Cabin at 6:00 PM. Members: \$150, Non-members: \$250. Leader: Suzy Diesen, (360) 710-5511, sdiesen@wavecable.com (s1/13-3/3) **KIT**

3/19-10/31, Wed-Fri - Alpine Scrambling Course - Tacoma Alpine Scrambling. Meet at Tacoma Program Center at 6:30 PM. Members: \$200, Non-members: \$300. Leader: Margot Tsakonas, (425) 413-8029, mvtsakonas19@comcast.net (s12/12-3/18) **TAC**

4/12, Sat - Alpine Scramble Navigation Field Trip Alpine Scrambling. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s2/4-4/12) **OLY**

4/24-4/27, Thu-Sun - Alpine Scrambling Intense Course - Seattle Alpine Scrambling. Meet at Seattle Program Center Initially at

7:00 PM. Members: \$350, Non-members: \$450. Leader's Permission Required: Tab Wilkins, (253) 468-8713, tabmountaineers@hotmail.com (s1/21-4/3) **SEA**

sea kayaking

3/8, Sat - Pool Play - Kitsap Sea Kayaking. Meet at North Kitsap High Pool at 1:30 PM. No Registration Required, Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com **KIT**

3/14-3/15, Fri-Sat - Sea Kayaking: Incident Management/Risk Assessment Sea Kayaking. Meet at Coach House at 6:00 PM. Sign up with Leader: Brian Hollander, (253) 677-7565, lhotse_h@earthlink.net (s1/23-3/15) **OLY**

3/15, Sat - Flare Clinic & Demo Sea Kayaking. Meet at Bella Luna's Suquamish, WA at 7:30 PM. Leader: Charlie Michel, (360) 710-0616, michel99@btopenworld.com (s1/23-3/15) **KIT**

3/27-4/17, Thu-Thu - Basic Sea Kayaking Course - Everett Sea Kayaking. Members: \$225. Leader: Bill Coody, (425) 823-6514, coadybill@gmail.com (s11/25-3/8) **EVT**

4/5-8/31, Sat-Sun - Basic Sea Kayaking Course - Kitsap Sea Kayaking. Meet at TBD at 9:00 AM. Members: \$180. Leader's Permission Required: Vern Brown, (360) 626-3963, hohfern@gmail.com (s12/1-4/4) **KIT**

4/5-9/30, Sat-Tue - Basic Sea Kayaking Course - Tacoma Sea Kayaking. Members: \$199, Non-members: \$249. Leader's Permission Required: Esther Ladwig, (253) 627-0679, emladwig@yahoo.com (s12/1-4/5) **TAC**

4/22-5/11, Tue-Sun - Basic Sea Kayaking Course - Olympia Sea Kayaking. Members: \$185. Leader: Will Greenough, (360) 508-0456, kayakwill@yahoo.com (s1/1-4/21) **OLY**

4/23-11/30, Wed-Sun - Basic Sea Kayaking Course - Seattle Sea Kayaking. Meet at Seattle Mountaineers Program Center at 6:30 PM. Members: \$225, Non-members: \$300. Leader: Tim Bever, (510) 332-7248, beverclan@gmail.com (s1/2-4/18) **SEA**

4/26, Sat - Don Beale Paddle carving workshop Sea Kayaking. Meet at TBD at 8:30 AM. Members: \$130. Leader's Permission Required: Vern Brown, (360) 626-3963, hohfern@gmail.com (s1/27-3/14) **KIT**

ski/snowboard

3/1-3/2, Sat-Sun - Mt Baker Telemark/Randonee Ski Camp Skiing/Snowboarding. Meet at Heather Meadows at 9:00 AM. Members: \$195, Non-members: \$215. Leader: Shannon Marie, (206) 849-3203, smarie123@aol.com (s12/30-2/26) **FH**

youth outreach

3/3, Mon - Mountain Workshop - Interagency High School Climbing Youth Outreach. Meet at the Seattle Program Center's indoor climbing wall at 9:00 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s1/7-3/3) **SEA**

3/4, Tue - Mountain Workshop - Interagency

High School Climbing Youth Outreach. Meet at the Seattle Program Center's indoor climbing wall at 9:00 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s1/8-3/4) **SEA**

3/15, Sat - Explorers - Snowshoe outing Youth Outreach. Meet at The Mountaineers at 8:00 AM. Leader: Caitlin O'Brien, (206)

521-6026, caitlino@mountaineers.org **SEA**

3/15, Sat - Bailey Gatzert Elementary School Youth Outreach. Meet at The Mountaineers at 8:30 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s12/18-3/13) **SEA**

4/15, Tue - Mountain Workshop - Hope Place Youth Shelter Climbing Youth Outreach.

Meet at the indoor climbing wall at 9:00 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s12/10-4/14) **SEA**

5/17, Sat - Bailey Gatzert Elementary School Youth Outreach. Meet at The Mountaineers at 8:30 AM. Leader: Caitlin O'Brien, (206) 521-6026, caitlino@mountaineers.org (s12/18-5/15) **SEA**

Naturalists Lecture Series - 2014 Seattle Program Center, 7pm

April 10, 2014 Andy Stepniewski, An Introduction to the Mosaic of Plant Communities in the Semi-Arid Columbia Basin and the Characteristic Birds Associated with them

April 24, 2014 Joseph Gaydos, Bears to Barnacles: Way Cool Creatures of the Salish Sea

courses with prerequisites (courses & seminars)

backpacking

4/8, Tue - Lightweight Hiking & Backpacking Seminar (B3 students only) Backpacking. Meet at Room 1, Bellevue Library, 1111 110th Ave NE, Bellevue, WA at 6:30 PM. Leader: Lawrence Landauer, (O) -, lawrencecglennlandauer@yahoo.com (s2/1-2/7) **FH**

4/15, Tue - Lightweight Hiking & Backpacking Seminar (B3 students only) Backpacking. Meet at Issaquah City Hall Eagle Room, 130 E Sunset Way, Issaquah at 6:30 PM. Leader: Lawrence Landauer, (O) -, lawrencecglennlandauer@yahoo.com (s2/8-4/14) **FH**

4/22, Tue - Light & Healthy Backpack Food Made Simple (B3 students only) Backpacking. Meet at Mercer Island Library, 4400 88th Ave SE, Mercer Island, WA at 6:15 PM. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s2/1-4/21) **FH**

4/30, Wed - Light & Healthy Backpack Food Made Simple (B3 students only) Backpacking. Meet at Seattle Program Center, Cascade Room at 6:30 PM. Leader: Cheryl Talbert, (253) 229-4018, cascadehiker@earthlink.net (s2/15-4/29) **FH**

climbing

3/1-12/31, Sat-Mon - Intermediate Climbing Course - Everett Climbing. Members: \$550. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s3/1-3/31) **EVT**

3/2, Sun - Belay Practice - Priest Point Park Climbing. Meet at Priest Point Park Rose Garden at 7:30 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/11-2/25) **OLY**

3/8, Sat - Bellingham Basic Avalanche, Austin Pass Climbing. Sign up with Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s12/31-3/1) **BEL**

3/10-10/1, Mon-Wed - Intermediate Climbing Course - Everett Leading on Rock Climbing. Meet at MPC at 10:00 AM. Leader's Permission Required: Seton Staples, seton_s@hotmail.com (s3/5-3/31) **EVT**

3/15, Sat - Basic Climbing Course-Olympia,

Snow Travel Climbing. 2 mi, 1000'. Meet at MWPR at 7:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/11-3/11) **OLY**

3/15, Sat - Vantage Feathers Climbing. Leader's Permission Required: Jim Pitts, (425) 760-3505, jim@pitts.org (s3/1-3/12) **SEA**

3/22, Sat - Basic Rock Evaluation Field Trip - STUDENTS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:30 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s2/24-3/19) **SEA**

3/22, Sat - Basic Rock Evaluation Field Trip - INSTRUCTORS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:00 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-3/21) **SEA**

3/23, Sun - Basic Rock Evaluation Field Trip - STUDENTS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:30 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s2/24-3/19) **SEA**

3/23, Sun - Basic Rock Evaluation Field Trip - INSTRUCTORS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:00 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-3/22) **SEA**

3/29-6/21, Sat-Sat - Beyond Basic Climbing-Olympia Climbing. Members: \$90. Leader's Permission Required: Bob Keranen, (360) 340-1882, keranen@hcc.net (s1/28-3/20) **OLY**

3/29, Sat - Basic Rock Evaluation Field Trip - STUDENTS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:30 AM. Leader: Rich Leggett, (425) 985-1008, meandmyaussies@hotmail.com (s2/24-3/26) **SEA**

3/29, Sat - Basic Rock Evaluation Field Trip - INSTRUCTORS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:00 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-3/28) **SEA**

3/30, Sun - Basic Rock Evaluation Field Trip - STUDENTS (Clubhouse) Climbing. Meet at Mountaineers Program Center at 7:30 AM. Leader: Rich Leggett, (425) 985-1008, meandmyaussies@hotmail.com (s2/24-3/26) **SEA**

3/30, Sun - Basic Rock Evaluation Field Trip - INSTRUCTORS (Clubhouse) Climbing.

Meet at Mountaineers Program Center at 7:00 AM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-3/29) **SEA**

4/2, Wed - Intermediate Climbing Lecture (Seattle Clubhouse) Climbing. Meet at Seattle Clubhouse at 7:00 PM. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-4/1) **SEA**

4/3, Thu - Intermediate Climbing Lecture (Seattle Clubhouse) Climbing. Meet at Seattle Clubhouse at 7:00 PM. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-4/1) **SEA**

4/5-4/6, Sat-Sun - Intermediate Rock 1 - Mountaineers Dome Climbing. (IR) Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s3/10-4/10) **SEA**

4/7-4/8, Mon-Tue - Intermediate Rock 1 - Mountaineers Dome Climbing. (IR) Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/3-4/3) **SEA**

4/8, Tue - Intermediate Climbing Lecture (Seattle Clubhouse) Climbing. Meet at Seattle Clubhouse at 7:00 PM. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-4/1) **SEA**

4/10, Thu - Intermediate Climbing Lecture (Seattle Clubhouse) Climbing. Meet at Seattle Clubhouse at 7:00 PM. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-4/1) **SEA**

4/12-4/13, Sat-Sun - Intermediate Rock LOR1 / Leavenworth, Roto Wall Climbing. (CRG) Meet at Bridge Creek Campground at 7:00 AM. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-4/12) **EVT**

4/12-4/13, Sat-Sun - Basic Climbing Course - Olympia, Snow Weekend Climbing. Meet at MWPR at 7:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/11-4/8) **OLY**

4/12-4/13, Sat-Sun - SIG Snow Field Trip (Snoqualmie Lodge Campus) Climbing. USGS Snoqualmie Pass. Meet at 65th park & ride at 6:30 AM. Leader: Jim Nelson, (206) 329-1073, Jim@promountainssports.com (s12/9-4/10) **SEA**

4/12-4/13, Sat-Sun - SIG Snow & Glacier Climbing Skills Outing Climbing. USGS Snoqualmie Pass. 2 mi, Meet at Snoqualmie Campus Entrance at 9:00 AM. Sign up with Leader: Glenn Eades, (425) 885-3842, geades@seanet.com (s4/1-4/8) SEA

4/19-4/20, Sat-Sun - Intermediate Rock 1 - Mountaineers Dome Climbing. (IR) Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s3/10-4/17) SEA

4/26-4/27, Sat-Sun - Intermediate Rock 1 - Mountaineers Dome Climbing. (IR) Leader: Zach Burr, (206) 679-1663, zburr28@yahoo.com (s3/10-4/24) SEA

5/3, Sat - Intermediate Rock LOR2 / Vantage, Zig Zag Wall Climbing. (CRG) Leader: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s3/1-5/2) EVT

5/3, Sat - Rock Fundamentals field trip, Spire Rock Sprinkler Park Climbing. (BR) Meet at Spire Rock at 8:00 AM. Leader: Krista Morris, (206) 384-9189, kmorris13@gmail.com (s2/11-4/29) OLY

5/3-5/4, Sat-Sun - SIG overnight snow FT Unicorn Pk. Climbing. 6 mi, Meet at TBD at 6:30 AM. Leader: Edward Palushock, ed.palushock@yahoo.com (s1/3-4/20) SEA

5/4, Sun - Intermediate Rock LOR2 / Vantage, Sunshine Wall Climbing. (CRG) Sign up with Leader: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s3/1-5/2) EVT

5/10-5/11, Sat-Sun - SIG Snow Field Trip (Mt. St. Helens) Climbing. Leader's Permission Required: Mike Warren, (206) 200-7388, MWarren@PivotalLawGroup.com (s5/10-5/10) SEA

5/13, Tue - Intermediate Climb Ice Climbing Lecture - Seattle Climbing. Meet at Seattle Clubhouse at 7:00 PM. Leader: Fred Luck, (425) 691-0978, f-luck@hotmail.com (s1/14-5/12) SEA

5/17-5/18, Sat-Sun - Rock Weekend- Olympia, McCleary Cliffs Climbing. (BR) Meet at Mcleary Cliffs at 9:00 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/11-5/13) OLY

5/17-5/18, Sat-Sun - SIG Snow Field Trip (Alpental) Climbing. USGS Snoqualmie Pass. Meet at Lower Alpental Parking at 6:00 AM. Leader's Permission Required: Jim Pitts, (425) 760-3505, jim@pitts.org (s12/11-5/10) SEA

5/17-5/18, Sat-Sun - SIG Snow & Glacier Climbing Skills Outing Climbing. USGS Snoqualmie Pass. 2 mi, Leader's Permission Required: Brett Dyson, (206) 527-9842, hhiking@hotmail.com (s1/8-3/30) SEA

5/21, Wed - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/19) SEA

5/21, Wed - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/20) SEA

5/22, Thu - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing.

Meet at Mountaineers Program Center at 6:00 PM. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/19) SEA

5/22, Thu - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/21) SEA

5/28, Wed - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/26) SEA

5/28, Wed - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/27) SEA

5/29, Thu - Basic Crevasse Rescue Evaluation Field Trip - INSTRUCTORS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Karl Themer, (206) 428-8207, europacan@yahoo.co.uk (s1/6-5/28) SEA

5/29, Thu - Basic Crevasse Rescue Evaluation Field Trip - STUDENTS Climbing. Meet at Mountaineers Program Center at 6:00 PM. Leader: Katrina Hilpert, (858) 518-1909, katrinahilpert@hotmail.com (s5/5-5/26) SEA

5/31-6/1, Sat-Sun - Bellingham Basic Glacier Travel, Mt Baker Coleman Glacier Climbing. (BG) USGS Groat Mtn, USGS Mt Baker. Leader: Minda Paul, (360) 510-9419, mindapaul@hotmail.com (s11/30-6/2) BEL

5/31-6/1, Sat-Sun - Bellingham Basic Glacier Travel, Mt Baker Boulder Glacier Climbing. (BG) USGS Welker Peak. Sign up with Leader: Andrew Hollon, (360) 303-7680, andrewhollon@hotmail.com (s11/30-6/2) BEL

5/31-6/1, Sat-Sun - Basic Climbing Course Snow 2 FT (Easton Glacier) Climbing. USGS Mt Baker. 7 mi, 3000'. Sign up with Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-6/1) EVT

6/7-6/8, Sat-Sun - Intermediate Rock LOR4 / Squamish, Various Climbing. (CRG) Sign up with Leader: Chris Dessert, (206) 778-5669, christopher.dessert@gmail.com (s3/1-6/6) EVT

naturalists

4/12, Sat - George C. Reifel Migratory Bird Sanctuary Naturalists. Meet at Greenlake

Park & Ride at 8:00 AM. Leader: Anita Elder, (206) 832-1036, anita@anitaelder.com (s1/20-4/9) SEA

navigation

3/5, Wed - Basic Navigation Workshop - STUDENTS Navigation. USGS Baring, USGS Index. Meet at Seattle Program Center at 6:45pm, begins @ 7pm. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s10/6-3/1) SEA

3/12, Wed - Mentor Session for Basic Navigation Workshop Navigation. USGS Baring, USGS Index. Meet at TBD at TBD (in the evening). Sign up with Leader: Tim Lawson, (206) 914-7387, timlawsonwild@msn.com (s10/6-3/12) SEA

3/15, Sat - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at See below. Leader: Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s10/6-3/11) SEA

3/16, Sun - Basic Navigation Field Trip - STUDENTS Navigation. USGS Baring, USGS Index. 1800'. Meet at Near Heybrook Ridge TH (mile post #38) at See below. Leader: Wesley Rogers, (206) 789-0049, rog999@comcast.net (s10/6-3/11) SEA

scrambling

3/8, Sat - Alta Vista/Snow 1 Field Trip Alpine Scrambling. (S1T1) Green Trails Paradise No. 270S. 4 mi, 1200'. Meet at Martin Way Park and Ride at 7:00 AM. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s2/4-3/8) OLY

4/7, Mon - Scramble Course Workshop #2 - Snow Travel and Avalanche Alpine Scrambling. Meet at Mountaineers Program Center at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-4/7) SEA

4/12, Sat - Everett Alpine Scrambling Rock Field Trip - INSTRUCTORS Alpine Scrambling. Green Trails Chiwaukum Mtns No. 177. 2 mi, 1600'. Meet at 8 Mile Campground - Icicle Creek at 7:30 AM. Leader: Rob Simonsen, (425) 501-2058, woodsgood1@gmail.com (s11/6-4/9) EVT

4/15, Tue - Scramble Course Workshop #2 - Snow Travel and Avalanche Alpine Scrambling. Meet at Old Redmond Schoolhouse

play hard. sleep cheap.

\$25 bunks, \$60 private cabins
www.ncascadesmtnhostel.com 509.699.0568
winthrop, wa



The Mountaineers

Foothills Winter ...

Glacier Travel and Crevasse Rescue Course 2014

Learn the skills you need for safe glacier adventures

Study specific techniques for ski or snowboard travel

for information or to enroll please visit:

www.FoothillsWinter.org

Starts April 22nd

Community Center, 16600 NE 80th, Redmond at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com (s10/15-4/15) **SEA**

4/19, Sat - Snow Field Trip-INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-4/18) **SEA**

4/19, Sat - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/15) **SEA**

4/20, Sun - Snow Field Trip-INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-4/19) **SEA**

4/20, Sun - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/15) **SEA**

4/26, Sat - Alta Vista/Snow 2 Field Trip Alpine Scrambling. (S1T1) Green Trails Paradise No. 270S. 4 mi, 1200'. Leader: Tom Eckhout, (360) 556-9898, tom@tomshomerepair.net (s2/4-4/26) **OLY**

4/28, Mon - Scramble Course Workshop #3 - Rock, Weather, & Emergencies Alpine Scrambling. Meet at Mountaineers Program Center at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com **SEA**

5/3-5/4, Sat-Sun - Alpine Scrambling Snow Field Trip -INSTRUCTORS (StevensPass) Alpine Scrambling. USGS Stevens Pass. Meet at Stevens Pass Lodge at 7:30 AM. Leader: Brian Booth, (206) 783-0409, bbooth626@yahoo.com (s2/20-4/30) **EVT**

5/3, Sat - Snow Field Trip-INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-5/2) **SEA**

5/3, Sat - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/29) **SEA**

5/4, Sun - Snow Field Trip-INSTRUCTORS (StevensPass) Alpine Scrambling. Meet at Stevens Pass at 7:30 AM. Leader: Nina Crampton, (206) 225-4545, Ninacrampton@aol.com (s1/6-5/3) **SEA**

5/4, Sun - Snow Field Trip - Students (StevensPass) Alpine Scrambling. USGS Labrynth Mtn, USGS Stevens Pass. Meet at Stevens Pass at 8:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark_scheffer@yahoo.com (s3/31-4/29) **SEA**

5/6, Tue - Scramble Course Workshop #3 - Rock, Weather, & Emergencies Alpine Scrambling. Meet at Old Redmond Schoolhouse Community Center, 16600 NE 80th St, Redmond at 7:00 PM. Leader: Andy Cahn, (425) 391-4447, andycahn@gmail.com **SEA**

5/10, Sat - McCleary Cliffs/Olympia Rock Scrambling Field Trip Alpine Scrambling. 1 mi, 300'. Meet at Mud Bay Park & Ride at 7:30 AM. Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s2/4-5/6) **OLY**

5/10, Sat - Seattle Alpine Scramble Rock Field Trip - INSTRUCTORS Alpine Scrambling. Meet at See handout for details at 8:00 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s1/21-5/7) **SEA**

5/10, Sat - Seattle Alpine Scramble Rock Field Trip - Students Alpine Scrambling. Meet at See handout for Details at 8:30 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s2/2-5/6) **SEA**

5/11, Sun - Seattle Alpine Scramble Rock Field Trip - INSTRUCTORS Alpine Scrambling. Meet at See handout for details at 8:00 AM. Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s1/21-5/7) **SEA**

5/11, Sun - Seattle Alpine Scramble Rock Field Trip - Students Alpine Scrambling. Meet at See handout for Details at 8:30 AM.

Leader: Kirk Peterson, (425) 246-1412, strongcord@gmail.com (s2/2-5/6) **SEA**

5/17, Sat - Everett Alpine Scramble Experience Field Trip - INSTRUCTORS Alpine Scrambling. Meet at Alpentel Parking lot. at 7:30 AM. Leader: Mike Mashock, (425) 335-5174, mjmash@comcast.net (s11/6-5/1) **EVT**

sea kayaking

3/8, Sat - Skill building clinic Sea Kayaking. Meet at Bowman Bay at 9:00 AM. Leader's Permission Required: Michael Everett, (253) 905-0613, mikedvm@aol.com **TAC**

3/9, Sun - Introduction to currents Sea Kayaking. (IV) Members: \$30. Leader's Permission Required: Alison Reinbold, (253) 279-2825, areinbold@comcast.net (s1/19-3/7) **TAC**

3/15, Sat - Coastal Kayak Surf Zone Basics Sea Kayaking. (V) Meet at Westhaven State Park Westport at 9:00 AM. Members: \$30. Leader's Permission Required: Michael Everett, (253) 905-0613, mikedvm@aol.com (s1/20-3/14) **TAC**

ski/snowboard

4/22-5/20, Tue-Tue - Glacier Skiing/Snowboarding and Crevasse Rescue - Foothills Skiing/Snowboarding. (M1) Meet at Seattle Mountaineers' Building, 7700 Sand Point Way NE, Seattle at 6:30 PM. Members: \$175, Non-members: \$275. Leader: Darryl Olson, (425) 757-1904, darryl.olson@gmail.com (s9/2-4/15) **FH**

snowshoeing

3/13-4/30, Thu-Wed - Winter Camping Course - Tacoma Snowshoeing. Meet at Tacoma Program Center at 6:00 PM. Members: \$60, Non-members: \$70. Leader: Charles Celmer, (253) 845-0146, remlec@yahoo.com (s10/30-3/13) **TAC**

Go to www.mountaineers.org for all trip and course listings.

Mountaineers Business Members are a community within the community of The Mountaineers - all sharing the same interest and passion for the outdoors. The Business Membership gives business owners *who are already Mountaineers Members* the chance to showcase their services and support for our organization in front of our entire membership. We thank the following Mountaineers business owners for their support.

ARCHITECTURE

Grace Kim (Joined 2001)
Schemata Workshop
www.schemataworkshop.com
grace@schemataworkshop.com
206-285-1589

AUTOMOTIVE

Lee Wilcox (Joined 1995)
Lynnwood Auto and Truck Service
www.lynnwoodautoandtruckservice.com
lynnwoodautotruckservice@gmail.com
425-776-5888

FINANCIAL SERVICES

Mearl Bergeson (Joined 2011)
Merrill Lynch Wealth Management
www.fa.ml.com/mearl_bergeson
mearl_bergeson@ml.com
206-464-5632

Leah Schulz (Joined 2006)
Tri Star Finance
www.leahdschulz.com
leah@TriStarFinance.com
206-523-1288

CONSTRUCTION

Louie Coglas (Joined 1987)
Louie Company - Roofing Specialist
www.LouieCompany.com
earthumor@comcast.net
206-963-4521
WA Lic #: LOUIEC902C6

Matthew Eads (Joined 2007)
Terrain Build, Inc.
www.terrainbuild.com
matt@terrainbuild.com
206-607-7761

LEGAL SERVICES

David, Nina and Alex Riley (Joined 2010)
Tomsen Riley LLP
www.tomsenllp.com
david@tomsenllp.com
425-998-7497

MAPS

Coburn Family (Joined 2008)
Green Trails Maps
www.GreenTrailsMaps.com
alan@greentrailsmaps.com
206-546-6277

Tom Gaskins (Joined 2011)
LandPrint.com -- 3-D terrain models
www.LandPrint.com
tom@LandPrint.com
206-790-7640

MIND AND BODY

Dhammadinna Davis (Joined 2013)
Bodhiheart Sangha Buddhist
Meditation Center®
bodhiheart.wordpress.com
bodhi.community@gmail.com
206-383-4959

Christopher Hall (Joined 2011)
Chiropractic Sports Physician
www.drchrishall.com
chris@drchrishall.com
425-455-3300

Hope Maltz (Joined 2007)
Moving Into Comfort -
Feldenkrais Method®
www.MovingIntoComfort.com
hope@MovingIntoComfort.com
425-998-6683

REAL ESTATE

Leah D. Schulz (Joined 2006)
The Force Realty
www.RealEstateByLeah.com
leah@leahdschulz.com
206-523-1288

Cisca Wery (Joined 2003)
Windermere Real Estate Company
www.LakeWA.com
cisca@windermere.com
206-715-7187

Bruce Wolverton (Joined 1992)
Frontier Appraisal Services
www.FrontierAppraisals.com
brucewol@comcast.net
425-344-2296

TRAVEL

Ambrose Bittner (Joined 2009)
Red Lantern Journeys --
Asia tours and treks
www.redlanternjourneys.com
ambrose@redlanternjourneys.com
206-568-0710

Christine Hanson (Joined 2013)
Scottish Lakes Backcountry Resort
www.scottishlakes.com
hicamp@scottishlakes.com
509-769-3044

Want to become a Mountaineers Business Member?

To find out more about increasing your small business' visibility with The Mountaineers membership and to become a supporting business member of this group, please contact our Membership & Marketing Manager, Kristina Ciari, kristinac@mountaineers.org or 206-521-6023.

As in all things Mountaineers, the idea for a Business Member category was started by a dedicated volunteer and board member, Leah Schulz, who saw this as a means to strengthen support for the organization and the benefits of Mountaineers membership. To find out more about opportunities to get more involved with this group, contact Leah: leah@leahdschulz.com or 206-523-1288.

And remember: Since The Mountaineers is a mission-based and volunteer-driven 501(c)(3) non-profit, your membership dues are tax-deductible.

In recognition for their increased level of support, Business Members - in addition to all the benefits of being a Mountaineers member - receive the following:

- Business Member Directory listing on the Mountaineers website, including link to business member's website
- Business Member Directory listing in Mountaineers Magazine
- Business Member Directory included in new-member packets distributed to all new members
- Opportunity to publicly showcase support of Mountaineers organization

outdoorcenters

Welcome to our lodges and outdoor centers

The Mountaineers Outdoor Properties are open year-round for members and guests. Reservations for all lodges are made through Brown Paper Tickets (except for Kitsap Forest Theater) which accepts payment by credit card. BPT links are listed with each lodge below. Sales tax will be added to lodge prices. We ask that people register by noon of the Thursday prior to the weekend so the cooks can be fully prepared! Cancellations: All cancellations, which must be made through BPT before noon of the Thursday prior to the weekend will be refunded minus a small service fee. Any of the lodges and properties can be rented for group events, Mountaineers classes, mid-week activities or other special events, just contact the property directly.

Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper access to eight ski lifts at the Mt. Baker Ski Area (www.mtbaker.us). Within a short distance from the lodge there are a number of snowshoe routes and cross-country ski trails (www.nooksacknordicskiclub.org/overview.php). Visit the Baker Lodge website at www.mountaineers.org/bakerlodge/ for details on the lodge and call Bill Woodcock, 206-457-5452 or Dale Kisker, 206-365-9508 if you have any questions.

Schedule of openings & Rates: Baker Lodge is open all weekends from Thanksgiving through early April provided there is adequate snow and sign-up. On the Baker Lodge website (address above) click on "Calendar and Reservations" for our current schedule and rates. Groups may be listed on the schedule for specific weekends. However, unless it's listed as exclusive the lodge is open to non-group members and we welcome the public of all ages and abilities. If you wish to bring young children (3 and under), please call the weekend host prior to registering to learn about accommodations.

The lodge is hosting the following two Foothills Branch activities and is open to those participating and not participating in these activities. For more information and registration go to the Foothills Branch list of activities at www.mountaineers.org. Click on the drop-down tab, "Community," then hover over "Activities by Branch" and the third one down is Foothills.

Feb 28-Mar 2: Mt. Baker Weekend Telemark & Randonee/Alpine Ski Camp

April 25-27: Mt. Baker Backcountry Ski Touring

Reservations & Cancellation: To make a reservation click on "Calendar and Reservations" on the Baker Lodge website. Payments are made at time of reservation with credit card. When registering you must register for each night you will be staying at the lodge. For most weekend events, reservations close at noon on Thursday before the weekend. Cancellations must be made by the reservation closing date/time to obtain a refund.

Fifth graders ski free if a paying adult accompanies them but prior arrangements must be made with the ski company. Visit the ski area website at www.mtbaker.us for information and a copy of the application or call the ski company's Bellingham office, 360 734-6771 (9:00-5:30 weekdays).

Group Scheduling: All groups and especially

Mountaineers led trips and activities are always welcome to bring group members, guests and friends to the lodge for any overnight or weekend. Contact Chelsea Liddell, baker.lodge@gmail.com for group reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts are available.

Get involved: Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity. The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with a couple of weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities--the possibilities are limited only by your imagination. We are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families could come together and welcome other families for a family weekend, etc. Hosts stay for free!

Driving directions: North on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go East on SR-542 about 54.6 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to the lodge parking lot on the right side of the road. We're 1-1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social "hub" of the Kitsap Forest Theater, the Kitsap property and Kitsap Branch. It is the spring and summer home base for The Mountaineers Players as they rehearse and perform at the beautiful Kitsap Forest Theater. It is also the "home base" of the Kitsap Forest Adventure Camp and The Mountaineers Kitsap Branch. The Kitsap yurt was installed on the property several years ago and is a perfect meeting and gathering space.

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. The preserve is one of the largest remaining parcels of Puget Sound Lowland old growth forest in the Puget Sound Basin, and acts as a buffer protecting the Kitsap Forest Theater and salmon spawning creeks from

encroaching development.

Rent the Kitsap Forest Theater, Kitsap Cabin and/or the Kitsap Yurt

Are you looking for a unique venue for your event or celebration - weddings, meetings, birthday celebrations, corporate events, concerts, workshops, reunions or retreats?

The Kitsap Forest Theater, Kitsap Cabin and the Kitsap Yurt are perfect "getaways" for you and your family, friends, business or group. Kitsap Forest Theater is a perfect venue for outdoor weddings, concerts, performances and presentations. Kitsap Cabin is outfitted with wireless internet, tables, benches, a fully functioning kitchen, dishes/silverware/glasses etc., fireplace and outdoor ambience. The Kitsap Yurt is a 27' diameter yurt with an oak floor and electricity and lighting. We also have a bunkhouse with bunk beds and mattresses (guys and gals side) and many tent sites around the property if you want to rent for an overnight event.

There are hikes available on the property (20 acres) and on the adjacent Rhododendron Preserve. "Big Tree" is a popular destination and is one of the largest old growth firs on the Kitsap peninsula.

During our show season (spring and summer) we have limited weekend availability, but there are several available summer weekends, and the fall is a great time to visit this unique and special place. During the week we have much more availability. Get away from the city and stress and enjoy our peaceful and magical venue. You can also make a reservation online: <http://www.foresttheater.com/rentals>

Please contact us for details and pricing: 206-542-7815

We are looking for volunteers to help with property maintenance—Please contact us to volunteer your time. The cabin, yurt and theater are available for private rentals. For rental information, call 206-542-7815.

Kitsap Forest Adventure Camp

Sign-ups have begun for our third year of Adventure Camp for K - 4th grade youth. Dates of the camp are July 7 - 11 and July 14 - 18 and includes an optional Friday night family campout. Seattle transportation is available! Your child's creativity and imagination will bloom as they play, explore and create at the Kitsap Forest Theater. Exciting activities include art, music, drama, play, hiking and exploring the

forests, wildlife and creeks at the Kitsap Forest Theater. Visit our web site (ForestTheater.com) for additional information or call 206-542-7815. **Early bird sign-up discount if registered by May 1st.**

Employment opportunities for camp

We are looking for staff for our Adventure Camp this summer. Please visit our web site and peruse the opportunities available.

Kitsap Branch:

www.kitsapmountaineers.org

Mountaineers Foundation:

www.mountaineersfoundation.org.

Meany Lodge

To keep everyone up to date as to what is happening at Meany, we send out informational emails roughly once or twice a month. We also send out emails geared to some of our specific events (i.e., Women's Weekend, Mushroom Weekend and other big events). So, if you are interested in anything Meany has to offer, visit our website at www.meanylodge.org and fill out the request information.

March 7-9 Spring Carnival: Fun for all ages whether you ski, snow shoe, walk or just love snow. Sign-up early as this event sells out!

April 26 Wine, Beer and Food paring Auction: 6pm, at The Seattle Mountaineers Program center. A fundraiser for the improvement of facilities and childrens programs at Meany Lodge.

MEANY WINTER SPORTS SCHOOL

Downhill, Snowboarding, Classic Nordic, Ski-skate, Snow Shoe - Various schedules to fit your busy schedule.

New this year: Ski-Skating weekend

Join a level III coach for a great two days of skating on over 13 miles of prepared trails on hills and flats with coaching and lessons for all abili-

ties. Jan 11-12 and Feb 1-2. **Detailed information:** www.meanylodge.org

Meany Winter Sports Season—Did you know that of all The Mountaineers Outdoor Centers, Meany Lodge is the only one with its own winter sports facilities and school. We offer a wide variety of winter sports. Visit www.meanylodge.org/winter/ski_program.html to see our many options. And if you don't think you need lessons, come up and try our hill.

There is a saying at Meany: "If you can ski Meany, you can ski anywhere. And once you have skied Meany, you will never want to ski anywhere else!"

Come and give us a try. For the price of a full day pass at Snoqualmie, you get a weekend with meals, a place to sleep and as many and as much winter sports as you want.

Meany Winter Season Pass—So, you think you want to spend all your winter weekends playing in the snow—well, do we have a deal for you. The Meany Season Pass entitles you to come to Meany, get fed, have a place to sleep and play in the snow whenever Meany is open. Of course, you also get the Meany camaraderie, which is priceless. Visit www.brownpapertickets.com/event to purchase a pass.

Meany Rentals—Meany is available for private rentals and Mountaineers events. If you want a nice secluded cabin for a retreat or seminar, visit our website at www.meanylodge.org Go to "Contacts" and send the chair an email telling him that you are interested; we will check the Meany calendar. You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/producer/5822>

Snoqualmie Campus

Snoqualmie Campus is available to rent by volunteer leaders on Saturdays and Sundays for Mountaineers courses only.

Please contact The Mountaineers Program Center, info@mountaineers.org (preferred) or

206-521-6001, if you are interested in renting the property for your group.

Stevens Lodge

The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens Lodge is the only ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

The lodge has three dorms with 12-24 bunks in each dorm. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation.

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking.

It's easy to make a reservation to stay at Stevens Lodge during the season. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." You can also make a reservation online through Brown Paper Tickets: <http://www.brownpapertickets.com/profile/248152>

We welcome individuals as well as group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!

34th Annual Camera Show & Swap

Saturday April 12, 2014, 10am



Kent Commons
525 Fourth Ave. N.
Kent, WA

\$5 general admittance

8:30am early admittance: \$15

150 tables of all things photographic: cameras, images, antiques, accessories and more. See www.PSPCS.org for info.

Gateway to Adventure: Meany Lodge Fundraiser

6pm, Saturday, April 26, 2014

Seattle Program Center

Come enjoy a fun night of craft beer, wine & food pairing with your friends.

All proceeds benefit the improvement of facilities and children's programs at Meany Lodge.

meanyfundraiser.eventbrite.com

BELLINGHAM

Vice Chair: Minda Paul
mindapaul@hotmail.com

Website: bellinghammountaineers.org

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public Meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Matt Vadnal,
matthewvadnal@aol.com

Website: everettmountaineers.org

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allowed the branch to hold its centennial celebration in 2010 and 2011!

Everett members share a wide variety of activities. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

MEMBERSHIP MEETINGS: To learn more about branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of most months and often feature a guest presentation. The meetings take summer off and resume in September. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Adminis-

tration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

HELP RESTORE TRAILS & LOOKOUTS: For more details about volunteering, contact Forrest Clark, LOTM@everettmountaineers.org.

FOOTHILLS

Chair: Steve LeBrun,
stevelebrun@comcast.net

Website: foothillsmountaineers.org

The newest of the Mountaineers branches, founded ten years ago, the Foothills Branch geographically encompasses the communities along the I-90 and I-405 corridors east of Lake Washington. The branch sponsors activities and classes that focus on backcountry skiing, hiking, backpacking, first aid, navigation, and snowshoeing. In 2013, the little branch that could sponsored 54 backpack trips, 41 backcountry ski and snowshoe trips, 51 day (and evening) hikes, and over one dozen courses and classes. Our signature programs include a comprehensive Backpacking Building Blocks (B3) course, multi-week randonnee and telemark ski lessons, and training in avalanche awareness.

The Foothills branch also seeks to be a community presence in promoting safe and enjoyable recreation along with conservation advocacy. Among our community-based efforts are outdoor-themed film events, speaker presentations, outdoor leadership training, and trail maintenance work.

MEMBERSHIP MEETINGS: Branch meetings are typically held the 4th Tuesday of every other month in the Eagle Room at the Issaquah City Hall. The evening starts at 6:30pm with time for socializing and meeting other branch members. Following a brief meeting at 7pm, each branch gathering will include an outdoor-themed presentation by a special guest speaker. The next branch meeting will be Tuesday April 29th.

VOLUNTEERS: Volunteers don't just do our club's most important work... they make our club work. As our branch membership grows, new programs and expanded activities also create additional leadership and support needs. These needs are opportunities for you to develop skills in leading, teaching, organizing, or facilitating events and activities. They are opportunities to make new friends and experience adventures with like-minded people. The branch is always in need of activity and trip leaders, course content developers and instructors, mentors, writers, photographers, event planners, and web masters and website developers. We also need people to help with administrative tasks such as bookkeeping, publicity, scheduling - the sometimes mundane tasks vital to the success of the branch. So if you have some time or relevant skill, or an interest in developing a talent or skill, or want to help Foothills branch out into new areas of outdoor activity, please consider volunteering with the Foothills Branch. Cheryl Talbert was recently

honored with the 2013 Foothills Branch Service Award. But we "heart" each and every one of our foothills volunteers.

The Foothills Branch - your Eastside Branch - your Eastside community of outdoor friends & recreationists.

*To paraphrase singer Bob Marley:
Several Branches, Many Committees -
One Club, One Love*

KITSAP

Chair: Jeff Schreppe
branch@kitsapcabin.org

Website: kitsapmountaineers.org

Founded on March 6, 2003 the Kitsap Branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade this branch has developed very strong climbing, hiking, and sea kayaking programs and in the past year its conservation/education and photography programs have grown significantly. Other Kitsap Branch courses and activities include snowshoe/winter travel, navigation, avalanche awareness, first aid, wilderness basics, hiking & backpacking basics, and trail running. The branch recently started an Arts Committee which primarily focuses on painting.

Our activity committees sponsor four or more stewardship efforts each year and recurring events include our spring and fall Salmon Saffaris and our annual Photo and Art Show. The branch hosts an Annual General Membership Meeting in the Silverdale Community Center every October. A major goal of the branch is to add more family activities in 2014.

Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap County depending upon the activity or the audience to be reached. Branch council meetings are held on the third Thursday of the each month at 5:30 pm. To find the location of the council meetings, please check the calendar on the Kitsap Mountaineers website.

OLYMPIA

Chair: Mike McIntosh,
free_2_climb@yahoo.com

Website: www.olympiamountaineers.org

THE OLYMPIA BRANCH has been offering Mountaineers programs and training to the South Sound for 50 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, scrambling, navigation, outdoor leadership, and naturalist activities.

MEET THE OLYMPIA BRANCH AT OUR ADVENTURE PRESENTATIONS.

The Olympia Branch holds an adventure presentation and potluck on the first Wednesday of each month from September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The next meetings are March 5 and April 2. Socializing and the potluck meal begin at 6 p.m. (arrive early). Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cburreson@q.com if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

MARCH 5 ADVENTURE PRESENTATION AND POTLUCK:

Record-setting hike of the Pacific Crest Trail. Heather "Anish" Anderson will speak about hiking the entire 2660 miles of the PCT in 60 days, 17 hours, and 12 minutes, all self-supported - that is, carrying her own gear and supplies. Come hear her tales of desert heat, mountain lion encounters, sleep deprivation, and perseverance... and how an overweight teenager became a record-setting athlete. This night is for anyone who thinks of someday tackling the impossible or who enjoys a good story.

APRIL 2 ADVENTURE PRESENTATION AND POTLUCK

will be a visit from the MeadoWatch project. They'll talk about their work at Mt Rainier gathering data on how wildflowers are responding to climate change by shifting the timing of life events like budding, flowering and seed release.

RADICAL REELS RETURNS on March 8! Higher, faster, steeper, deeper! The Banff Mountain Film Festival Radical Reels tour is coming to Olympia's Capitol Theater on Saturday, March 8. Tickets are \$14 for general audience and \$12 for Mountaineers members. Tickets are available at The Alpine Experience in downtown Olympia.

OPEN HOUSE on March 19. We present our Spring Open House on Wednesday, March 19, 6:30-8:30 pm at the Friends Meeting Hall, 3201 Boston Harbor Rd NE. The courses featured include Wilderness Skills I and II, Sea Kayaking, Navigation, Leadership, MOFA, and Conservation. We'll also present information about these activities: the Adventure Speaker series, Hiking, and Naturalists. Presentations begin at 7 pm. Visit the website for details or sign up for classes online at www.mountaineers.org. We'll also be offering a special PROMO code for new members to waive the initiation fee.

THE OLYMPIA BRANCH BOARD meets every month at 6 p.m. on the second Wednesday.

The next meetings are March 12 and April 9 at the Olympia Center (222 Columbia St NW). Members are encouraged to attend.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's house, 5418 Lemon Rd. NE. Contact Maxine at 360-352-5027 (8 am to 8 pm) or maxdunk@comcast.net if you'd like to come by to browse, check out or return materials, or request items for pickup at the monthly potluck.

Books, DVDs, and maps owned by the branch are listed and searchable on the branch website. A librarian usually attends our first-Wednesday potluck presentations with a selection of books to check out.

SEATTLE

Chair: Timmy Williams,
mtnrntimmy@clearwire.net

Website: seattlemountaineers.org

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities and sailing.

MEET THE MOUNTAINEERS: The Seattle Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

FREE HIKING SEMINARS: Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months at The Mountaineers Seattle Program Center. Though seminars are free, participants are urged to register for them on line to make sure there is enough seating.

INTRO TO MAP AND COMPASS: Learn the basics of how to keep from getting lost in the wilderness. See website to register.

DO YOU WANNA DANCE? The Seattle singles group offers dances and lessons. Contact Karen Ludwig, karenludwig2000@yahoo.com, for upcoming singles dances.

TACOMA

Chair: Scott Davidson,
scott.davidson@tacomamountaineers.org

Website: www.tacomamountaineers.org

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

MEET THE TACOMA MOUNTAINEERS:

Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).

MOUNTAINEERS-WIDE Players-Kitsap Forest Theater Theater Inspired by a Magical Place

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater.

Announcing auditions for *Honk!* & *Annie*:

We seek actors of all ages and most roles require singing and dancing. Auditions for *Honk!* and *Annie* will be: March 1, 3, 4 in Seattle. Callbacks for *Honk!* will be March 8 and for *Annie* will be March 11. Please see www.foresttheater.com for all the details or call 206-542-7815 to sign up. Weeknight rehearsals are held in Seattle at the Seattle Center and weekend rehearsals are usually at the theater in Bremerton.

Spring 2014: *Honk!* May 31-June 1, June 7-8 and 14-15. Based on Hans Christian Andersen's "The Ugly Duckling," *Honk!* tells the story of an odd-looking baby duck, Ugly, and his quest to find his mother. It has many varied character parts and a surprisingly sophisticated music score. This delightfully quirky show needs all ages from young to old.

Summer 2014: *Annie* - July 26-27, Aug 2-3, 9-10, 16-17. Recently celebrating its 25th anniversary on Broadway, little orphan *Annie* has warmed the hearts of millions. Join us for this musical which speaks to the American ideals of home, compassion and perseverance. *Annie* requires a strong singing and dancing cast and has many featured youth/teen/adult ensemble roles.

The Kitsap Forest Theater, Kitsap Cabin and Yurt are available for rental. Please see the "Kitsap Cabin" section of the Outdoor Centers for further information about rentals or call 206-542-7815.

VOLUNTEER OPPORTUNITIES: We need help with cooking for cast members, set building and painting, costume sewing and help during shows with selling tickets, ushering and parking. Please contact us at players@Foresttheater.com or call 206-542-7815 to join a fun and supportive community and help us produce the best outdoor theater in the area.

Tickets are available for both shows at www.ForestTheater.com/tickets. Purchase our two-show package and save even more. There is no fee for purchasing tickets on-line.

For current activities and links to branch websites, visit www.mountaineers.org.

Franklin Bradshaw 1961 – 2014

by Nicholas Mayo



Franklin on the summit of Mt. Rainier - December 26, 2009. Photo by Tom Sjolseth

Franklin Bradshaw was a devoted volunteer with the Everett Mountaineers Basic Climbing Course. Franklin graduated from the class in 2008 and immediately immersed himself into the curriculum as an instructor.

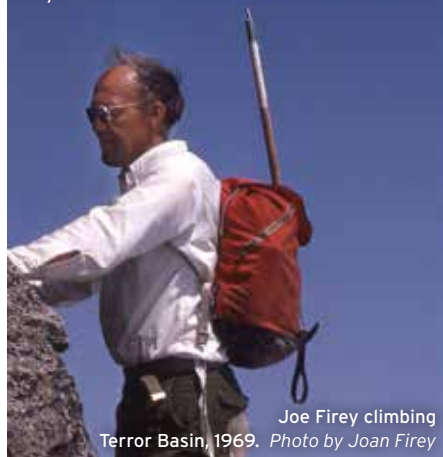
He was an extremely knowledgeable and patient teacher and mentor to countless students that went through the program in the years to come.

His gentle manner and humility, coupled with his passion for mountaineering and compassion for those who would learn from him was a powerful combination. His impact and devotion to the program cannot be overstated and he will be profoundly missed.

A Celebration of Life memorial is planned for Franklin at 6pm on March 15, at The Mountaineers Seattle Program Center.

Joe Firey 1918 – 2013

by Suzanne Gerber



Joe Firey climbing Terror Basin, 1969. Photo by Joan Firey

Joe Firey is considered one of the Old-School Greats. He was a pioneer of climbing and completed many first ascents, even after establishing a family: they came along. In the 50s and 60s, Joe and his wife Joan [d.1980], climbed and skied together on weekend and week-long expeditions, often with The Mountaineers. Joe was also a member of the American Alpine Club and the Canadian Alpine Club.

During World War II, Joe served as an officer on a submarine tender in the Pacific. He worked for an oil company in California before moving to Seattle, where he was a professor of mechanical

engineering at the UW until retirement.

Joe's many first ascents and new routes included the Mustard Group of the Southern Pickets; NE ridge of Triumph, North Cascades; Monarch Ice Cap and Waddington Ranges, BC; and North Baird and Neacola Glaciers, Alaska.

Joe was an avid climber until he was nearly 80. He is survived by his brother Walter, his three children, five grandchildren, and one great-grandchild.

There will be a memorial party for Joe on March 8th. Contact Joe's daughter, Carla for details: jimcarla78@gmail.com

For more detailed information on Joe's life: www.mountaineers.org/nwmj/08/081_Firey1.html

Max Hollenbeck

1922 – 2013

by Lynn Muir

Max Hollenbeck was married for 60 years to his loving wife Maxine. As a wedding gift, they received a large camping tent, which started their great life of adventures in the wonderful world of the outdoors.

Every New Years, friends and family spent a week on the Washington coast. One memorable year, their group discovered a bonanza of Japanese

floats – over 150 in total! The find was written about in the local news.

Max was also an avid rock hound, collecting thousands of pounds of rocks over the years to polish, cut and share.

For The Mountaineers, Max was a very dedicated volunteer. He filled many positions, but enjoyed being chair of the climbing committee the most.

His services included:

Seattle Climbing Committee Chair: 1965

Mountaineers President: 1969 - 1971

Mountaineer Service Award for service leadership in 1975

Member of Mountaineers Foundation Administration from 1986 - 2001.

After retiring, Maxine and Max spent a lot of time backpacking along the Washington, Oregon and Canadian coast, along with Southwestern states.

Max was always interested in sharing both his love and knowledge of the outdoors and preserving it. His commitment to The Mountaineers continues with remembrances.



Meany Lodge, aglow at night. Photo by The Mountaineers

Volunteerism

by Patti Polinsky, Meany Lodge Winter Sports Director

The Mountaineers volunteers are the heart and soul of this organization. Getting things done through the sheer effort of volunteers is an enormous source of pride for Mountaineers volunteers. It's an attitude that has persisted over generations.

Members today are probably not aware that our tradition of volunteerism actually got its start in 1913 when early members enthusiastically discussed the idea of building a lodge in the Cascades. Nothing like what they envisioned existed in the U.S. or Europe so they pooled expertise, knowledge and problem-solving skills and came up with a plan to create a building that would support members' favorite winter activities. They also committed to working together to care for and maintain what would grow to be a second home for many members.

This is how Meany Lodge got its start. Located near Stampede Pass, it is the longest standing of The Mountaineers' ski lodges. And like our lodges at Stevens Pass and Mt. Baker, Meany serves as a focal point for many winter sports. Members and non-members alike are introduced to the mountains and outdoor winter recreation through lodge stays, activities, and courses that are planned and operated by volunteers.

My husband, Dave, and I have been involved in Meany Lodge since 1969. Over the past 20 years we and our fellow Meany-ites have been delighted to see Meany's adult winter programs and activities expand to include family activities. It's not uncommon to see two to four generations of families enjoying all that the lodge has to offer. It's also very common to see generations of family members volunteering side-by-side.

One such family is the Steeres – three generations of them.

Nigel Steere, of the second generation came into The Mountaineers spotlight through his recent efforts to resurrect the historic Ski Patrol Race for the first time in 73 years.

Nigel and his family first came to Meany when he was barely a teen. His grandparents were early Meany Lodge skiers. Nigel already knew the fundamentals of skiing, but had the opportunity to hone his skills at Meany on fresh powder and mostly non-groomed slopes.

Nigel did as most kids do – grow up and head off to college far away from home. It was about five years ago when Nigel returned to the Pacific Northwest and rediscovered Meany Lodge. His children are now learning to ski at Meany, where a fast rope tow, fresh powder and non-groomed slopes will provide the kids with an advantage when the family goes on ski trips to Whistler or Sun Peaks. The kids – with their exceptional skills – will own the slopes.

The recently restored Patrol Race was a big hit this season. It brought members and non-members together as a community, with many interested in coming back with their families in tow. My hope is that their kids will grow to love the outdoors and be inspired to care for this place that generations before them spent much of their lives building and sustaining.

Gateway to Adventure: Meany Lodge Fundraiser

Join us at The Mountaineers Seattle Program Center for a craft beer, wine & food pairing fundraiser to benefit Meany Lodge on Saturday, April 26, 2014 at 6pm. Find out more or register online at meanyfundraiser.eventbrite.com



The
Mountaineers
EXPLORE • LEARN • CONSERVE

BEWILD

Stories of Passion & Adventure

This spring, The Mountaineers will bring the outdoors in
with the **BeWild Speaker and Film Series.**

Be inspired through stories of passion and adventure. Join us as we encourage our community to get outside, connect with nature, and care for the wild places where we play. Explore the outdoors differently.

Shows start at 7pm

Learn more | Get tickets:

www.mountaineers.org/bewild

206-521-6001

2014 Lineup

April 17: Ben Stookesberry
Be passionate.

May 16: Expedition Denali
Be inspired.

June 20: Tami Asars
Be adventurous.

July 24: Crown of the Continent
Be ambitious.